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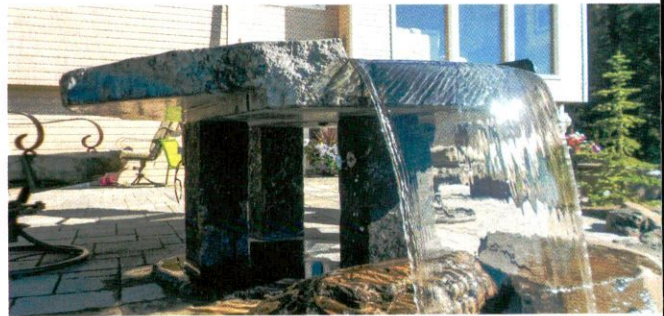
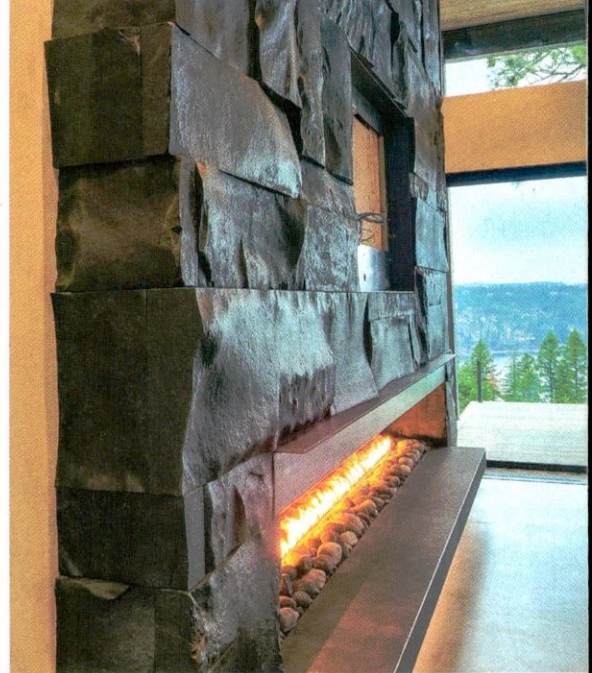


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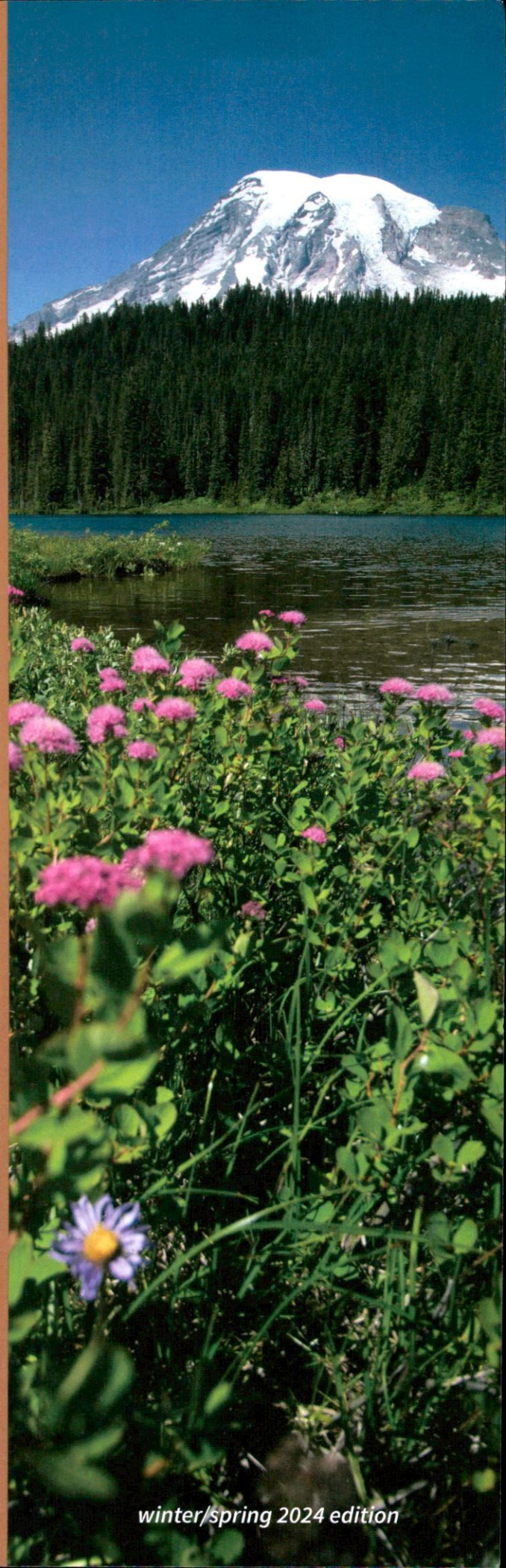
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winter/spring 2024 edition



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Warm looks for the cold weather



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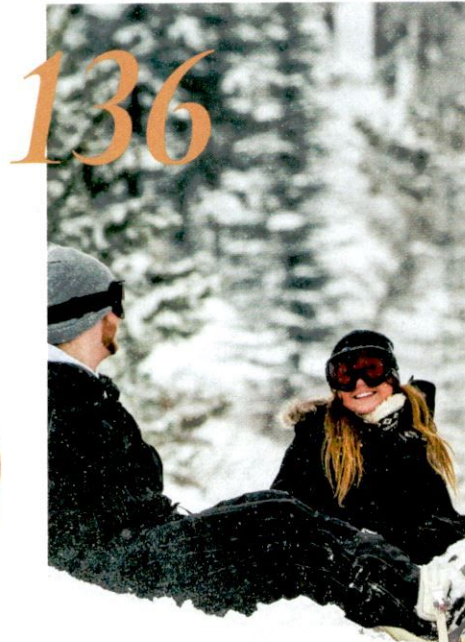
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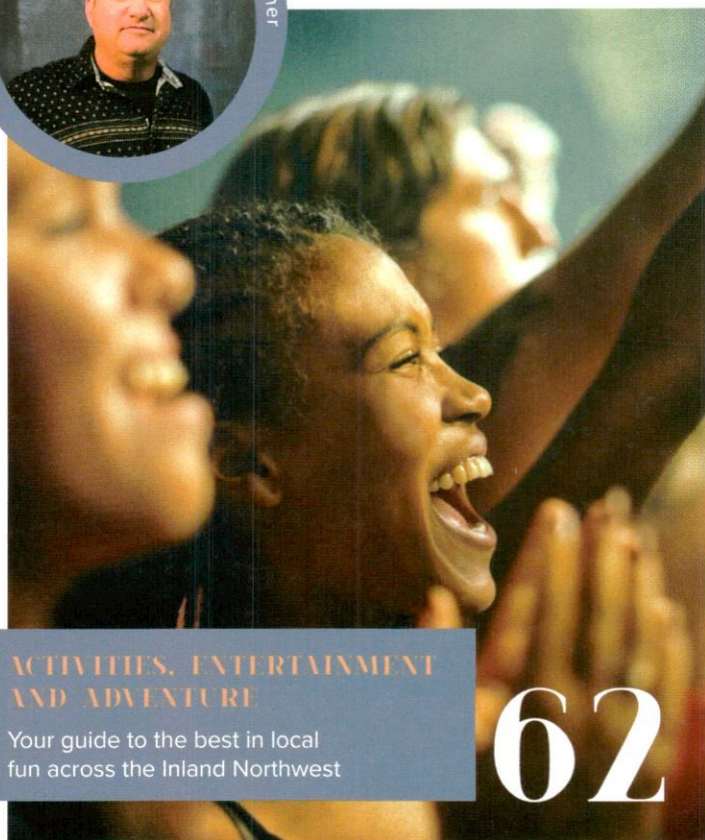


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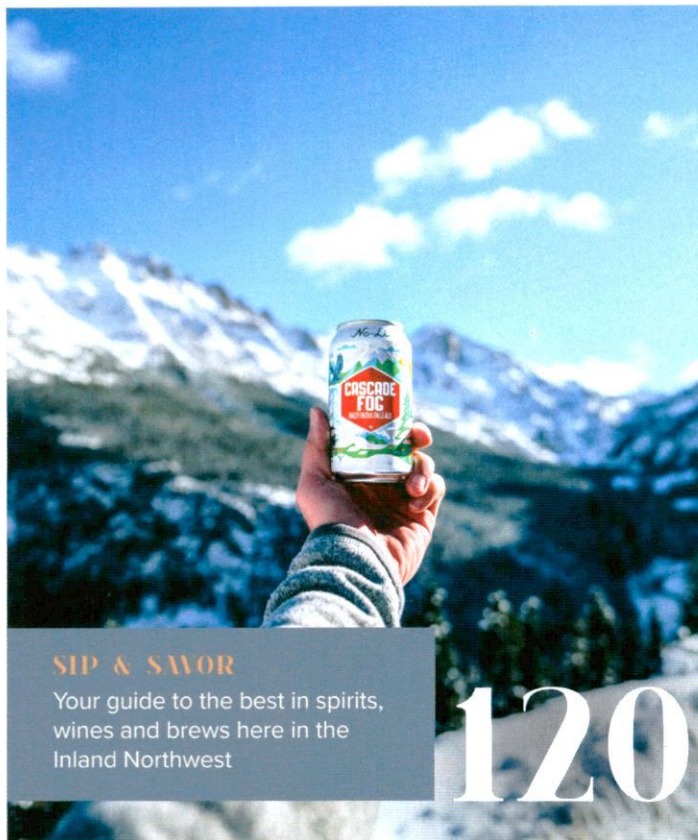
publisher's picks



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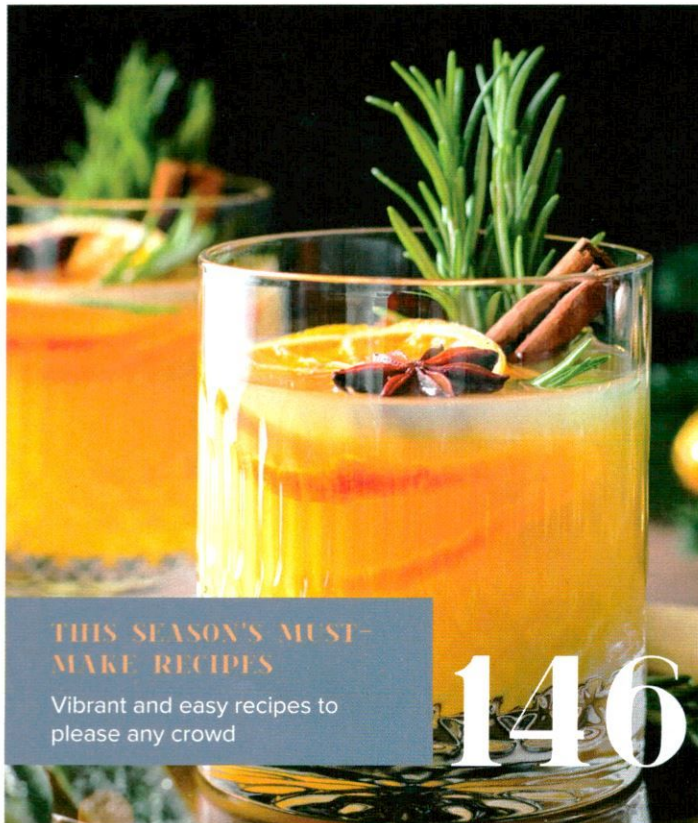
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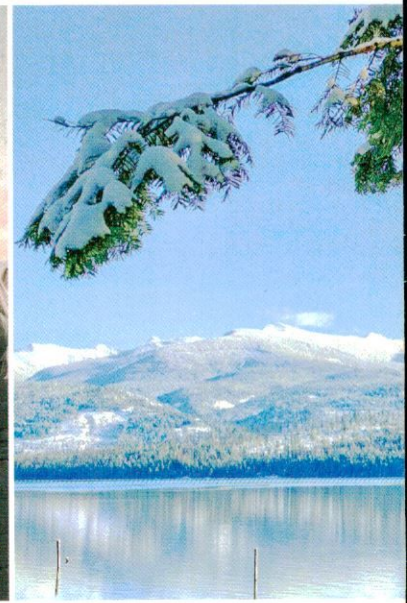
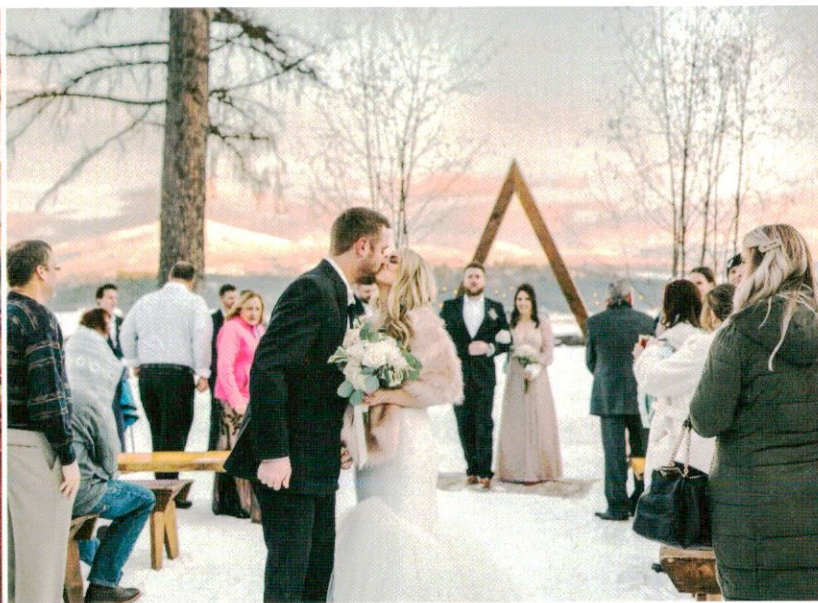


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LETTER

FROM

DISCOVER THE BEAUTY, FLAVOR,
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THE

EDITOR

As the editor of our REAL Northwest Living, I am thrilled to share our newest issue with you and take a moment to reflect on what makes living in the Inland Northwest such an extraordinary experience. Our corner of the world is not only a place where stunning landscapes meet bustling city life but also communities filled with warm-hearted individuals and a vibrant food scene that tantalizes the taste buds. We are truly blessed to call this place home.

The Inland Northwest is a region like no other, where nature's beauty unfolds in all directions. From the majestic snow-capped mountains that paint our horizons to the tranquil lakes and winding rivers that invite us to explore, there's no shortage of breathtaking scenery to behold. Hiking in the summer, skiing in the winter, or simply taking a leisurely stroll through our trails and parks, this area offers an ever-changing canvas of natural wonder.

In addition to the stunning landscapes, our region is a haven for food enthusiasts. Our food scene is as diverse as it is delicious. From farm-to-table restaurants that celebrate locally sourced ingredients to international cuisine that takes your palate on a journey around the globe, there's something for everyone.

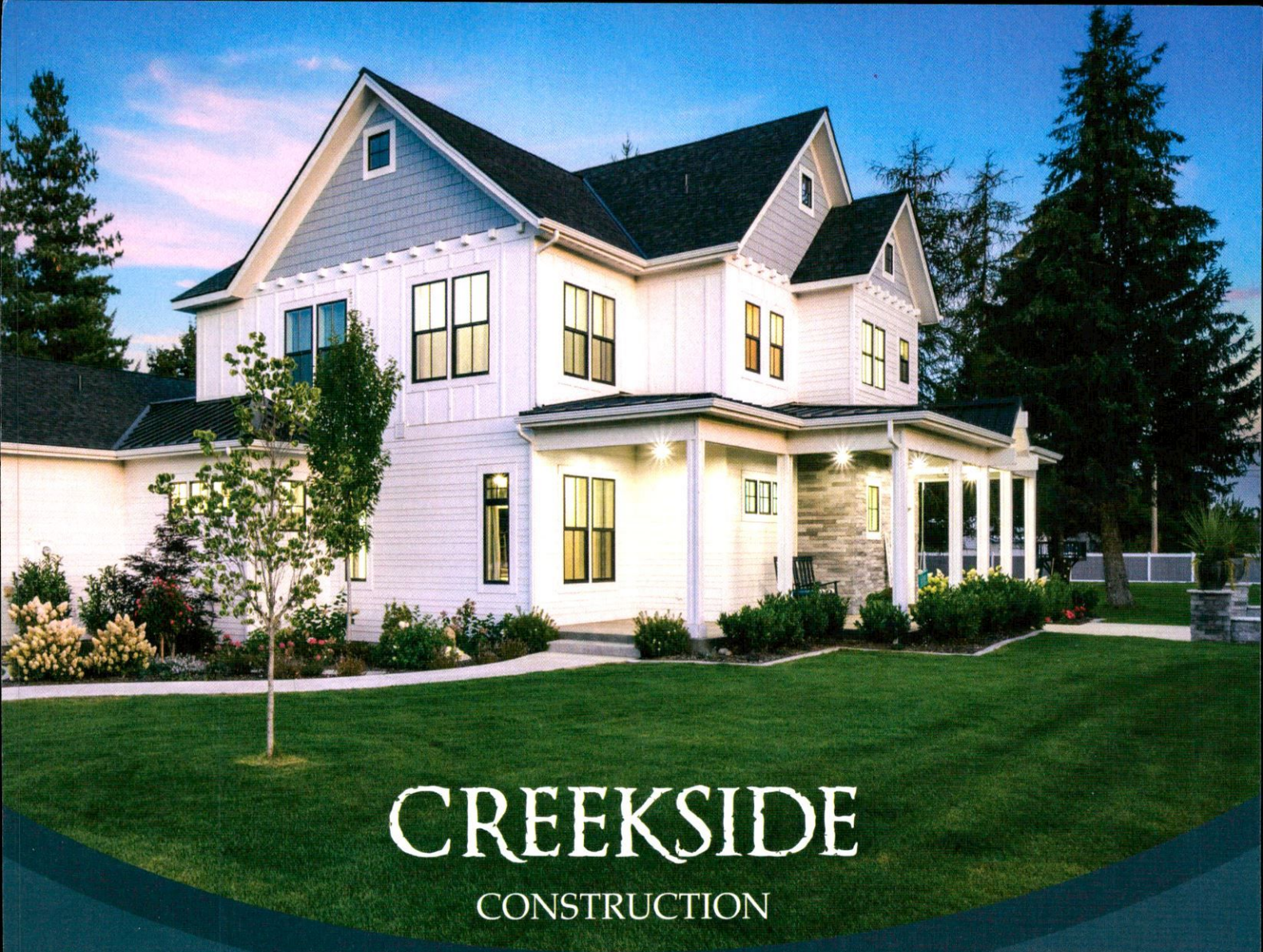
Yet, the true gem of the Inland Northwest is its people. It's the neighbors who greet you with a smile, the volunteers who tirelessly work to better our communities, and the genuine sense of camaraderie that permeates every corner. In times of need, we rally together, supporting one another with open hearts and outstretched hands.

For those of us fortunate enough to live in this region, we are blessed in more ways than we can count. The combination of stunning natural beauty and the incredible warmth of our community creates an unparalleled quality of life. It's a place where you can breathe in the fresh mountain air and cherish the kindness of our fellow residents.

So, as we celebrate the gift of living in the Inland Northwest, let us never forget the treasures that surround us daily, from the awe-inspiring landscapes to the camaraderie of our community. It's a privilege to call this place home, and I am grateful for the opportunity to share these stories with you.




Jillian Chandler, Editor



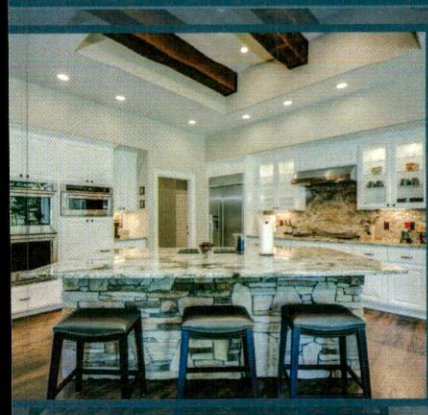
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MISSION STATEMENT

Our mission with each issue of REAL Northwest Living is to produce a unique product that inspires us all to connect with our local surroundings. This is "our" local guide to everything that matters to us here in the Inland Northwest. Where we eat, play, venture out and live! We feature the unique, the inspiring, the tried and true, highlighting all that makes our lifestyle here in the Northwest truly special. REAL represents the local stories, people and businesses that make up this place we call home.



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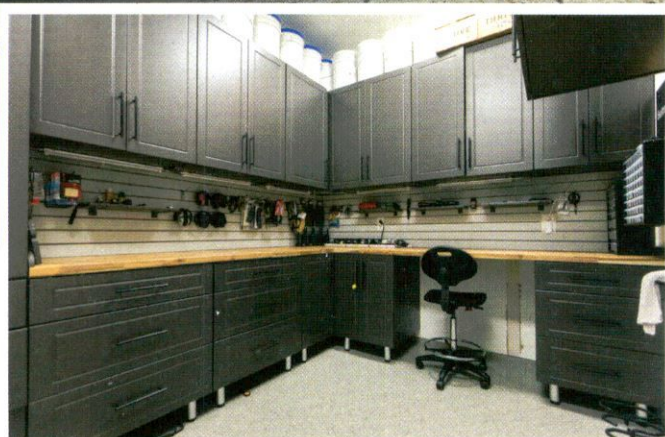


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A Look Ahead

What will 2024 bring to
the real estate market in
the Inland Northwest?

by BEN GEANETTA
REALTOR®, Team Lead







The 2023 housing market and its unpredictability was a real head-scratcher. To describe it with a dash of humor, you might say it's like trying to herd cats during a Fourth of July fireworks show—an entertaining yet utterly unpredictable endeavor.

Keeping that in mind, if someone claimed to fully understand the housing market in 2023, they were either chasing that cat or were caught in a whirlwind of mood swings. I'll admit, I was caught in that storm based on how long the buyer window was going to stay open. I say this because the housing market of 2023 witnessed the convergence of troublesome global events and a market that presented itself as a perplexing puzzle, gibberish ... completely unfamiliar and nonsensical. Once you thought you had a beat on it, the market made a U-turn.

But let's not get overwhelmed by the chaos, and let's not allow ourselves to be distracted by all the commotion. In this article, we are about to dive into the perplexing housing market and what 2024 will likely look like. To do so, we will briefly reflect on how we got to where we are to hopefully determine where we are headed.

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Trip Down

I want you to take a deep breath as I take you back on a time-travel journey to the pre-COVID days; a time when the housing market was on a 10-year streak that was as consistent as a well-oiled machine. It was a healthy, steady climb with no market dips, and the memories of the 2008 mortgage meltdown were fading into history. The economy was flourishing, and then ... enter the pandemic, and suddenly, a wave of fear swept across the country like wildfire.

In the Inland Northwest, it wasn't just fear; it was families from out of state seeking a taste of political freedom. It was urban dwellers wanting self-sustainability and a chance to turn back the clock, immersing themselves in nature. The result? A monumental surge in demand that was nothing short of a bidding war at a car auction.

But here's the kicker. That demand didn't hit the brakes for two long years! The market was hysterical, and I can't imagine ever experiencing that type of hysteria again.

As the pandemic's hold on our lives weakened, you might have anticipated a slowdown in the housing market. And it did, to some extent. Let me explain. One of the few positive outcomes of COVID-19 was the rise of remote work. As families realized they were not bound to concrete jungles, the concept of "zoom towns" gained popularity. These are places with a desirable combination of population size, proximity to recreational activities, and resorts that define the ideal place to live. These towns continued to be in high demand, which helped maintain high home prices.

So, we ended up with a housing market that defied gravity, and we found ourselves in a real estate rope-a-dope scenario. The culprit? Lack of inventory. Many homeowners with low mortgage rates are caught in a situation I call "locked in." Meaning these homeowners are stuck with a house due to the low mortgage rate and can't afford to trade up, take a job transfer, or any number of life events due to their historic low mortgage rate.

Memory Lane





Now that we've taken a delightful journey through the twists and turns of how we ended up where we are today, it's time to roll up our sleeves and dive into the crystal ball of housing market predictions. After a deep dive into the numbers, here's the scoop: Home prices are set to keep climbing, mortgage rates are going to take a breather and become a bit more budget-friendly, and the competition to snag your dream home is about to heat up.

Predicting sustained higher mortgage rates through quarter one of 2024 might sound like a dull financial forecast, but let me tell you, it's like watching a rollercoaster that's stuck at the peak—thrilling in its own way. You see, these higher mortgage rates are about to play a real estate role in 2024. As we just discussed, inventory is the number two reason why prices have remained high. The number one reason is the rates. When rates finally dip into the 6 percent range, it'll be like the rollercoaster finally taking off, and home buying and selling will kick into high gear. I've got clients who are already doing the happy dance because they locked in the mid-6 percent rates, which is a steal compared to the 8 percent nightmare we've experienced in much of 2023. This is a great indicator of things to come.

But guess what? When rates drop below 6 percent and creep back into the 5 percent range, that's when the real estate frenzy begins, like a Black Friday rush for homes.

I've got my bets on summer 2024 for that moment, and as rates come down, home prices will climb, making it a wild ride in the housing market!

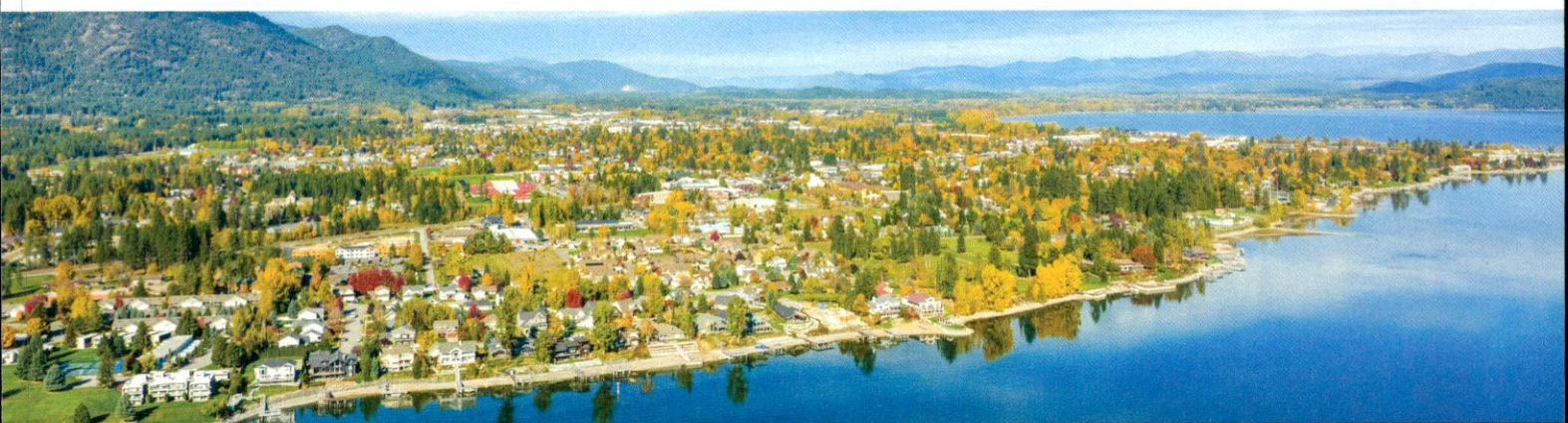


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The Wild Card, but So Wild.

Now, I can almost hear the collective worry in your minds—what's the deal with foreclosures? With inflation running wild, one might expect foreclosures to skyrocket, especially since forbearance is over, and those payments are knocking at the door. But here's a twist that's straight out of a plot twist playbook: U.S. mortgages in serious delinquency, where borrowers are three months late on payments, have plummeted to the lowest level in nearly 25 years, sitting at a mere 0.9 percent. Nationwide, overall mortgage delinquencies and foreclosures are also hanging out near historic lows at 2.6 percent and 0.3 percent, respectively (*courtesy of the Sherlock Holmes of real estate data, CoreLogic*).

It's like finding out that the neighborhood lemonade stand is now a thriving multinational corporation. This is a clear sign that most U.S. homeowners are handling their monthly payments just fine, defying the foreclosure fear with impressive strength.

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A photograph of a woman with long blonde hair and two young children in a bright, modern kitchen. The woman, wearing a white lace-trimmed sweater and a light blue skirt, is standing and looking down at a child. The child, a young girl with long brown hair, is wearing a light blue sweater and a white belt, and is reaching up to touch a white pot on the stove. Another child, a young boy with blonde hair, is standing behind her, wearing a blue shirt. The kitchen has white cabinets, a white countertop, and a black stovetop. A small Christmas tree is visible in the background. On the right side of the image, there is a large, stylized teal swirl graphic. The overall atmosphere is warm and domestic.

Employ a Winning Strategy.

As the housing market evolves in 2024, the landscape is changing for first-time homebuyers, giving way to cash buyers and those trading up. These experienced buyers often have the advantage of greater flexibility in their offers, while first-time buyers often face more constraints. Furthermore, first-time homebuyers find themselves in a competitive arena, not only contending with each other but also with cash buyers. For sellers, the allure of cash in hand is like the aroma of freshly baked cookies on a lazy Sunday afternoon—irresistible.

As the market continues its unpredictable journey, it becomes paramount for all parties involved—both buyers and sellers—to engage in consultations with local, experienced real estate professionals. These consultations serve as your invaluable secret weapon, providing you with crucial market insights, transaction expertise, and a tailor-made strategy that's as unique as your fingerprint. It's crucial to emphasize that the need for a consultation isn't limited to the inexperienced. Whether you've navigated multiple real estate transactions or have extensively researched online, forgoing a consultation is like setting sail in uncharted waters without a compass.

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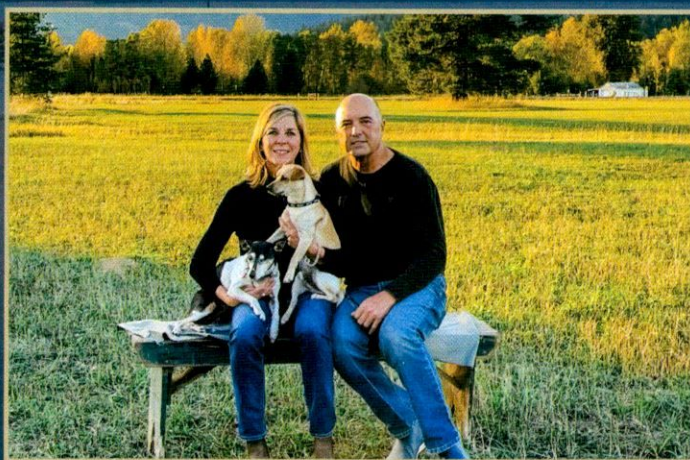


At the end of the day, if you want to buy a home in 2024 or even sell one, block out the noise, look at data directly correlated with home prices, and talk with a local real estate professional to see if it's the right time for you. I fully anticipate a more clear path for the housing market in 2024, and those who will take the time to put a strategy together with a REALTOR® will achieve their real estate goal instead of kicking the can down the road.

HELPING FOLKS AND FAMILIES SET ROOTS IN NORTH IDAHO

Let Jackie Suarez of Century 21 RiverStone lead you home

by JILLIAN CHANDLER



Jackie Suarez began her career in real estate back in 1988, working as a paralegal and legal assistant, searching titles and coordinating closings. "I was fascinated by title history, from the first grant to the current owner," she remembers fondly. "I realized that these documents represented life-changing decisions for buyers and sellers."

She went on to work for a title insurance company as a branch manager and title officer, which helped provide Jackie with the basis for her understanding of the mechanics of real estate transactions. In 1999, she and her husband Carlos moved to Sandpoint, and for Jackie, the next natural progression was to become an agent and then associate broker. She became licensed in Idaho the following year. "I love helping people with what may be the biggest investment in their lives," Jackie smiles.

During her time in this industry, she has witnessed the real estate business change dramatically, due to the advances in technology and the ready availability of information. "From landlines, fax machines, floppy discs and bag phones, we've progressed to having everything we need, including ready documents and signed contracts, available to us in minutes," she says.

Jackie shares that while more people are moving to Sandpoint full time, able to work remotely, and density has increased, she believes Sandpoint and the surrounding area still retain that small-town atmosphere she and Carlos found when they arrived nearly a quarter century ago.

Real estate is important to our world and national economy for housing, business and employment. "It is tangible, tradeable and finite," Jackie

notes. "It represents reward for hard work, home, stability, family and legacy. For some people, their home is the most valuable asset in their lives, one they continue to invest in over time and reap rewards. It's a big deal and truly, for many, it's the American dream."

Clients continue to be impressed with Jackie's experience, background, consistent communication, attention to detail and commitment to their best interest. "We're focused on their goals, whether it's a first home, growing family, downsizing, relocation, or maximizing their wealth in commercial investments," she states. Her clients can expect top-notch marketing and representation of their properties, thorough research and preparation in pricing, expert negotiation strategy, 100 percent honesty—and that Jackie will be by their side through the entire process.

"It is a blessing to help my clients, their children and even their grandchildren with their real estate needs. I believe I'm one of the few people on Earth that gets to do what they love for a living, remembering and being grateful for what's most important—God, family and relationships," she reflects.

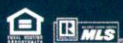
When not busy dedicating her time to her clients, you will find Jackie and Carlos enjoying their farm, their two dogs Rocket and Eddie, out on the lake in the summer, Schweitzer in the winter, spending time with family and friends, and out in nature. "There's more nature here than we could explore in a lifetime," she says, "but I'm willing to try to see it all!"



Jackie Suarez

Associate Broker Realtor®

Century 21 RiverStone | 477181 N. Hwy 95, Ponderay, ID
Cell: 208.290.5888 | Office: 208.255.2244 | JackieSuarez.com





Designing and executing the home of your dreams

by JILLIAN CHANDLER

A HDG
Architecture

230 S. Washington St., Spokane, WA
509.321.5064 | info@studiohdg.com
HDG-Architecture.com

HDG
ARCHITECTURE

“**H**DG was founded in 2010, in the middle of an economic recession,” Josh Hisson reflects. “We had to scrape together any odd project we could find, and our margins were slim to none. We learned to be scrappy, agile and adaptable. What we sacrificed in profit, we gained in experience.”

Josh, a North Idaho native, has had an affinity for design since he was young. Spending many years designing, managing, then subsequently owning seven different restaurants over the years, he soon realized that he could benefit other business owners with his knowledge of functional, and aesthetically pleasing, hospitality design. So, in 2006, he started designing commercial kitchens and later, in 2011, partnering with architect Armando Hurtado, he began to study all facets of architecture and design.

As a business owner, Josh strives to create an environment that is inspiring, fun and positive. His co-workers are all incredible at their roles, and all play a part in the growth and success of the firm and its subsidiary companies. His willingness to “jump without a parachute” has allowed him to seize many opportunities that have allowed him to grow the firm.

Today, HDG, which is licensed in 10 states across the U.S., including Idaho, Washington, Montana, Oregon, Hawaii, California and New York, provides full-service architecture, design, branding and “really anything that will help a project stay cohesive from start to finish,” Josh says. They have built relationships with many of the quality construction companies in the Inland Northwest and work with state-of-the-art design software, which allows clients to walk through their home/condo/commercial space in VR before a hammer is ever swung. “This allows them to see and get a feel for every element within the design.”

At HDG, Josh and Armando are committed to sticking to their core values and making their company stand out as a better place to work, with the common goal of designing every project with the same amount of excitement. "It does not matter if it is a \$30 million home, a five-story mixed-use building, or a little renovation bringing an old home back to life," shares Josh. "We love it all—and it all matters."

Josh's number one inspiration is, and always will be, the people who he works with in the office, as well as the clients he assists. To continue to stay inspired and delve into new design concepts, he travels to Europe, where he spends four to six weeks each year exploring how design has shaped places that are thousands of years old. "When most people are at the lake in the summer, I am working. When I want to relax at night, I read design books, magazines and blogs," he notes. "I find inspiration everywhere!"

Since its inception, HDG has evolved in every way imaginable—both in terms of business function, design aesthetic and output. "Our reach of influence through social media and design publications is literally growing by the hour, and we are attracting more clients who give us carte blanche to design and execute the home of their dreams," says Josh.

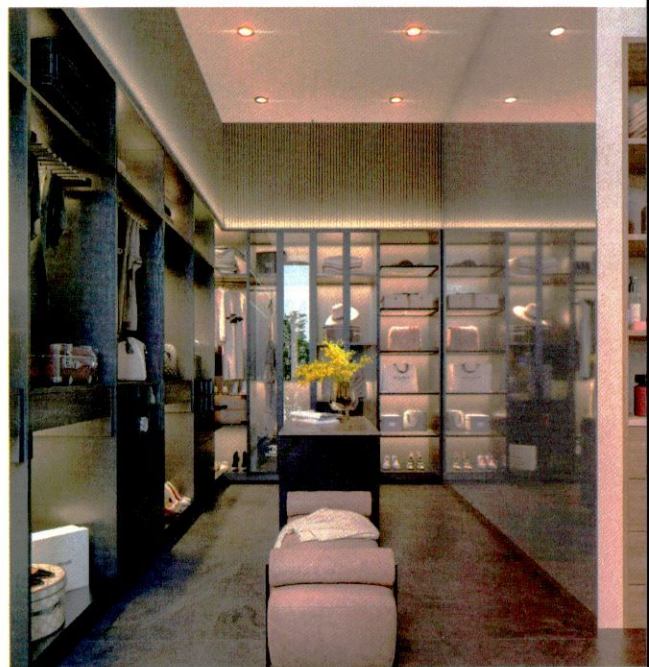
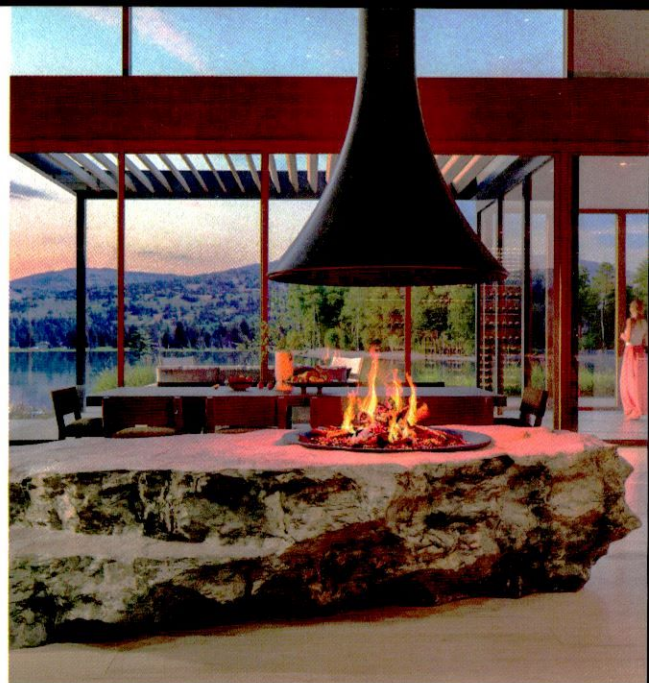
This growth has been very organic, he continues. Though never aiming for growth for growth's sake, the growth happened, and continues to happen, naturally, and on Josh and Armando's terms. "We don't chase every lead, and we know we're not a good fit for every project," Josh discloses. "We are very up front with optional customers about whether we think we're a good match. We believe that authenticity gives us freedom and is in everyone's best interest."

Josh shares that he and Armando just started another business venture that he runs alongside Aubrey Plaisance and Cody Hersch, called Stroom Interiors, a procurement company that allows them to keep all of their interior design, acquisition and delivery projects in-house, rather than outsource to interior decorators.

When it comes to what Josh finds most rewarding about sharing his passion of design with his clients, he says it's "creating something out of nothing but a notion and helping people learn to live a different, simpler and more fulfilled life."

As a community member, Josh and HDG give back in ways that benefit numerous nonprofits—both monetarily and through time and effort. Josh has sat on numerous boards and committees and is currently the host of the community podcast, "If not now, when?" The podcast aims to bring together prominent and everyday members of the community to have real conversations about Spokane's future.

When not busy with his business, serving clients or his podcast, Josh enjoys spending time with his son, Luca, traveling and enjoying the beautiful Pacific Northwest.





Constructing Enduring Legacies

FULTON QUALITY *Construction's*

vision for timeless building in the Inland Northwest

courtesy of ROB FULTON, CO-OWNER OF FULTON QUALITY CONSTRUCTION



At Fulton Quality Construction, our commitment to excellence goes beyond construction—it's about creating homes and commercial spaces that stand the test of time. Our Insulated Concrete Form (ICF) building method is a testament to our dedication to quality, innovation, and client satisfaction.

Prioritizing Your Needs: Clients and Employees at the Forefront

Our philosophy revolves around putting clients and employees first. "Putting clients and employees as a top priority" is not just a motto—it's a guiding principle. We want to ensure that every dollar you invest is reflected in the value and longevity of your structure. Our focus is on creating living spaces that resonate with quality, providing a haven for generations to come.

Decades of Combined Expertise: A Team Effort

With a leadership team boasting a collective 95 years of experience, and a total team experience of 161 years (excluding office staff), Fulton Quality Construction brings a wealth of knowledge to every project. Our team's dedication to learning from failures and staying ahead of industry trends ensures that we provide not just buildings but enduring legacies.

Efficiency Without Compromise: A Balanced Approach

At Fulton Quality Construction, we understand the importance of efficiency without compromising on quality. Our belief in "Quality Doesn't Cost ... It Pays" drives us to find ways to reduce costs without sacrificing the excellence you deserve. We aim to build structures that not only look good but also withstand the test of time, ensuring lasting value for your investment.

We hold all parties involved in a project accountable. We have a great understanding of other tradesmen / subcontractors who have similar values and the ability to meet a project's needs and budget.

Attention to Detail: Craftsmanship Every Step of the Way

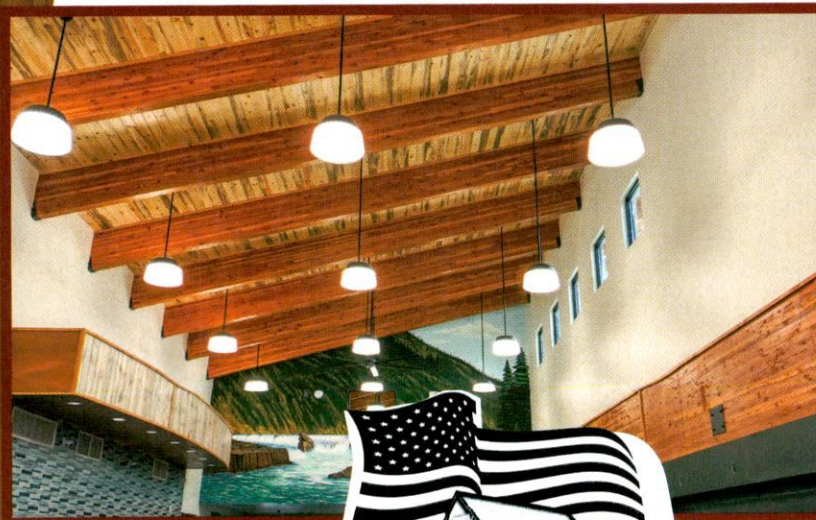
Every material used in our projects undergoes rigorous inspection to meet our high standards for quality and soundness. Our meticulous attention to detail ensures that each layer of the build is crafted with care and precision. From prefabricated steel structures and steel studs and joists, to concrete, ICF, wood framed to log, each building type, placement and location being used requires a different system being implemented (building envelope) to get the most out of your project. You can trust that, from foundation to finishing touches, Fulton Quality Construction is dedicated to using only the best products and craftsmanship.

Building Dreams, Building Futures

Fulton Quality Construction's Insulated Concrete Form building method is about more than construction; it's about crafting enduring legacies for families and business owners throughout the Inland Northwest. In a region with unique weather challenges, our approach ensures that each structure we build is not just a shelter but a symbol of quality and longevity.

Our ultimate goal is to provide our clients with the best possible homes or businesses. Whether it's custom green-built residential, industrial, commercial, or any combination of the three, most everything we do is custom and designed per location and to best suit our customers' needs. We offer consultation, design and build solutions for our customers. And we have the history and reputation to back our word with. We are honored to have been voted Best Construction Company, Commercial Builder, Custom Home Builder and Residential Home Builder by the Bonners Ferry Herald in 2023.

For those seeking homes and commercial buildings that stand as timeless symbols, Fulton Quality Construction is the trusted partner, weaving dreams into the very fabric of our region's architecture.



Fulton Quality Construction

Quality doesn't cost... It pays

208.267-9086

fultonqc@gmail.com

FultonQualityConstruction.com

315 Bench Rd., Bonners Ferry, ID





Stunning New Ridge-Side Homes Overlooking the **COLUMBIA RIVER**

The height of luxury living is now selling at Crescent Ridge

Just a two-and-a-half-hour drive west on I-90 is where you will discover Crescent Bar, Washington, home to Crescent Ridge—Central Washington’s ultimate playground. Perched along the Columbia River, Crescent Ridge brings a new and elevated way of living to the region, offering expansive river-view homes complete with floor-to-ceiling windows, gourmet chef’s kitchens, spa-like primary suites, and oversized garages. Whether seeking adventure or retreat, Crescent Ridge is an enticing home away from home. Offered in two unique configurations, homes are contemporary in design, with generous single-level floor plans starting from 2,000 to over 2,800 square feet. Each features one of three distinct finish palettes.

“What sets Crescent Ridge apart from other communities is its setting,” affirms Melissa Camp, Crescent Ridge sales director. “We are fortunate to sit right up against magnificent 500-foot basalt cliffs and overlook the revered Columbia River. The proximity of Crescent Ridge to the excitement of Crescent Bar is unparalleled, and these homes truly make adventuring easy. For example, each home includes oversized garages to house your boats, UTVs, golf carts, and gear. Other standout features that our buyers have really been responding to are the home automation system, dual sets of washer and dryers in most homes, sizable living areas fit for entertaining, and spacious wrap-around covered patios.”

A nod to the region’s vibrant wineries, the recently released

Vineyard neighborhood boasts awe-inspiring views, spacious lots, and convenient walking-distance access to essential Crescent Bar amenities such as the boat launch, casual golf, and dining. Brand new amenities are set to be completed in 2024 and include a resort-style pool, fitness center, and the newly announced Beaumont Cellars Tasting Room + Bistro. This family friendly community amenity is poised to become Crescent Bar’s newest gathering spot with a range of indoor and outdoor seating, a diverse food and beverage menu, wine tasting bar, and a full-service private events pavilion to host engagements of all types.

With construction in full swing on these new amenities, smart buyers are taking advantage of this exciting time to consider Crescent Ridge.

“Buyers are realizing the tremendous value of purchasing today,” says Melissa. “They know that by securing one of these limited-release homes now, they will be able to join our current residents in taking full advantage of these exciting amenities in 2024.”

The Vineyard has just introduced its first phase of move-in ready homes. To learn more about Crescent Ridge’s available inventory or to schedule a private showing, you can reach out to their dedicated sales team by calling 509.787.0500 or emailing sales@crescentridgeresort.com.



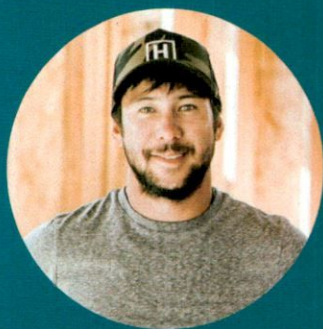
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Crafting Resilient ELEGANCE

A builder's perspective on building and remodeling beautiful, strong homes in the Inland Northwest

courtesy of CHRIS TURNBULL, OWNER OF BOX H CONSTRUCTION



Chris Turnbull, Owner of
Box H Construction



Hey there, folks! Chris Turnbull here, the guy behind Box H Construction in the beautiful town of Sandpoint, Idaho. I wanted to take a moment to share with you what we're all about and why we're so passionate about building and remodeling homes that not only stand strong against the elements but also look darn good doing it.

Strength Meets Beauty

You know, I've always believed that a home should be more than just a place to live. It should be a piece of art that complements the stunning landscapes we're blessed with here in the Inland Northwest. At Box H Construction, we're all about using materials that can take a beating from Mother Nature while still giving your home that timeless elegance.

We take pride in using locally sourced and sustainable materials because, let's face it, it just makes sense. Why not showcase the natural beauty of our surroundings by incorporating timber from our very own forests and using native stone that's been right under our noses?

Whether it's a new build or a remodel, it's our way of making sure your home feels like it belongs right where it is.

Innovative Designs for Demanding Conditions

Now, this part's exciting. The Inland Northwest throws some challenges our way—extreme temperatures, heavy snow, and the occasional shake from seismic activity. But we've got it covered. Our designs are all about making sure your home not only survives but thrives in these conditions.

Whether it's a brand-new construction or a remodel, we use top-notch insulation materials and energy-efficient design principles to keep your place cozy year-round. And don't even get me started on snow loads—we engineer our structures to handle the heaviest snowfall like it's just another winter day.

And earthquakes? No problem. We're all about cutting-edge engineering to give you peace of mind when the ground decides to do a little dance.



Putting the 'Human' in Home

For me, building and remodeling homes isn't just about nails and beams; it's about people. We work hand in hand with our clients, architects and craftsmen to make sure your home is not just a structure but a reflection of you and your lifestyle.

And it doesn't stop at the blueprints. The inside of your home should feel as unique as you are. That's why, whether it's a new build or a remodel, we team up with local artisans to create custom touches—from handcrafted wooden details to unique stonework. Your home should be as individual as you are.

Love of Community and Sustainability

Being part of the Inland Northwest community means the world to us. We're not just building and remodeling houses; we're contributing to the well-being of our neighbors and the environment. We're all about sustainable practices, using materials responsibly, and supporting our local community.

So, there you have it—Box H Construction in a nutshell. We're not just building and remodeling houses; we're crafting resilient elegance that stands the test of time, just like the incredible Inland Northwest that we call home!



BOX H CONSTRUCTION

We build the future. Remodel the past.

208.660.0222

cturnbull@boxhconstruction.com
BoxHConstruction.com

LOOKING FOR A HOME TO STORE THOSE BIG TOYS?

It's time to invest in a Big Toy condo

by JILLIAN CHANDLER



If you're in the market to find a home to store your boat and PWCs, RV and cars, ATVs and UTVs, as well as an investment opportunity, Big Toy Condos—the brainchild of Todd Kaufman, Craig Cozad and Derick Driggs—is the perfect solution.

Todd, Craig and Derick all grew up in North Idaho. Todd and Craig, both entrepreneurs, are the owners of a large asphalt and concrete company in Coeur d'Alene, while Derick's background is in banking and finance. Together, the three formed the CDA Development team, acquiring several pieces of land throughout North Idaho, with numerous projects underway in various phases—from apartments, storage facilities and commercial properties to a riverfront RV park.

In 2022, they established Big Toy Condos, located in Sandpoint on Schweitzer Cutoff Road. "Given the unique communities within the area, such as Schweitzer, Dover and the Idaho Club, we felt that people living in those areas needed their own space to accommodate their toys, projects and storage needs," shares Derick. Thus, Big Toy Condos was born.

This upscale storage facility is unlike any other in the area, primarily due to its ownership aspect, as each unit can be individually purchased as an investment, and the owners have the right to customize their units how they choose to best meet their needs—add a loft, floor coating, ceiling fan, car lift, smart technology, shelving, and for the premier units, the option of adding a bathroom and even a kitchenette! In addition, all

units are heated and insulated with 60-amp power, and the property features security cameras and 24/7 gated access.

AND THERE'S MORE! Owners can also take advantage of the private clubhouse (with Wi-Fi) featuring a living room with big-screen TV, kitchen/bar, bathrooms, showers, workout room, and meeting room to host gatherings or business meetings. Other site amenities include basketball and pickleball courts, outdoor covered seating with a gas fireplace, and a wash pad.

With a total of 107 condos, 60 units are currently still available, with varying unit types and pricing.

"Anyone can benefit from ownership in Big Toy Condos—from the person who needs to store their toys to a business that needs warehouse space," affirms Derick. "Big Toy Condos is a long-term real-estate investment with the ability for future capital growth."

Why rent when you can own the ultimate storage space? Contact Big Toy Condos to reserve your unit today.

208.770.8701 | [BigToyCondos.com](https://www.BigToyCondos.com)
425 Schweitzer Cutoff Rd., Sandpoint, ID

SCAN THE QR CODE TO
VISIT OUR WEBSITE



AVOID THESE INVESTMENT MISTAKES

We all make mistakes in many areas of life. These mistakes are usually fairly harmless—we took a wrong turn while driving, used the wrong ingredients in a recipe and so on. But sometimes, our mistakes can be costly—especially those connected to investing.

Here are some of the most common investment mistakes:

- **Too much buying and selling** - Some people find it exciting to constantly buy and sell investments in the pursuit of big gains. Yet, frequent trading can work against you in a couple of ways. First, it can be expensive—if you're always buying and selling investments, you could rack up taxes, fees and commissions. Perhaps even more important, though, excessive purchases and sales can make it difficult to follow a unified, cohesive investment strategy. Such a strategy requires, among other things, careful construction and management of an investment portfolio that's appropriate for your goals, risk tolerance and time horizon. Heavy trading can disrupt this strategy.

- **Failing to diversify** - If you only owned one type of asset, such as growth-oriented stocks, your portfolio could take a hit when the financial markets go through a downturn. But not all investments will respond the same way to the same forces—for example, stocks and bonds can move in different directions at any given time. And that's why it's usually a good idea to own a mix of investments, which can include domestic and foreign stocks, bonds, certificates of deposit (CDs) and government securities. Keep in mind, though, that while diversification can help reduce the impact of market volatility, it can't guarantee profits or protect against losses in a declining market.

- **Trying to "time" the market** - "Buy low and sell high" might be the original piece of investment advice, but it's pretty hard to follow—because no one can really predict when an investment will reach "low" or "high" points. Also, trying

to "time" the market in this way can lead to bad decisions, such as selling investments whose price has dropped, even if these same investments still have good business fundamentals and strong prospects.

- **Not understanding what you're investing in** - If you don't know the nature of investments when you buy them, you could set yourself up for unpleasant surprises. For example, some companies, by the very nature of their business and the type of industry they're in, may consistently pay dividends to their investors even though their stock prices may only show relatively modest price gains over time. If you bought shares of this stock, thinking it had the potential to achieve quite substantial appreciation, you might end up disappointed.

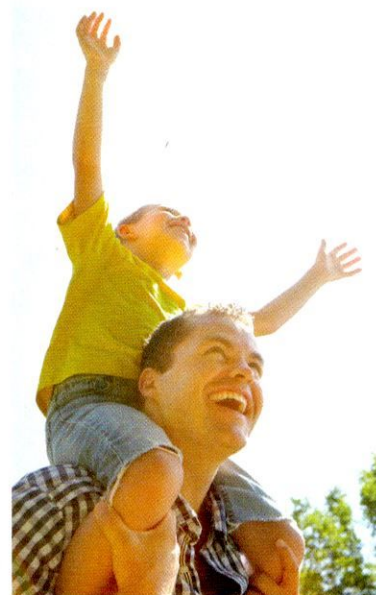
- **Making the wrong comparisons** - You're no doubt familiar with some of the most well-known investment benchmarks—the S&P 500, Dow Jones Industrial Average and the Nasdaq Composite. But it might be counterproductive to compare your results against these indexes. If you have a diversified portfolio, you'll own an array of investments that won't fit into any single index or benchmark, so you won't get an apples-to-apples comparison. You're better off comparing your portfolio's performance against the only benchmark that really matters—the progress you need to make to help achieve your goals.

Investing will always have its challenges—but you can help make it easier on yourself by staying away from as many mistakes as possible.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor Ken Wood.

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ELEVATING HOME LIVING

Let Atlas Building Group design and build your modern dream home

by JILLIAN CHANDLER

Nick Forsberg's passion for architecture, design and building was ignited by his various travels throughout the world, in which he visited some of the most extraordinary places with stunning architecture—Dubai, Cape Town, Africa, Thailand, Bali, Tulum, Australia, Italy and Sweden. Today, he, along with Kenny Debaene, are the owners of Atlas Building Group in Coeur d'Alene.

"The catalyst for Atlas Building Group happened during my corporate life when I was asked by a dear friend here in Coeur d'Alene to build a house for them," Nick reflects. "Because I was often up in the air traveling for my corporate role, I reached out to Kenny to help manage the on-



site construction of that first house. We both enjoyed the process and decided to move forward building more homes for the community.”

In 2016, the pair founded Atlas Building Group. Built on a foundation of trusted friendship, Kenny and Nick each bring their unique set of skills to the company. Kenny has been in the construction industry for more than 30 years and owned a concrete company for 20 years, while Nick's experience started when working for a local land developer back in 2006, after which he worked in change management as the vice president of performance strategy, and then as the national vice president of sales traveling around the country for two different publicly traded building material companies.

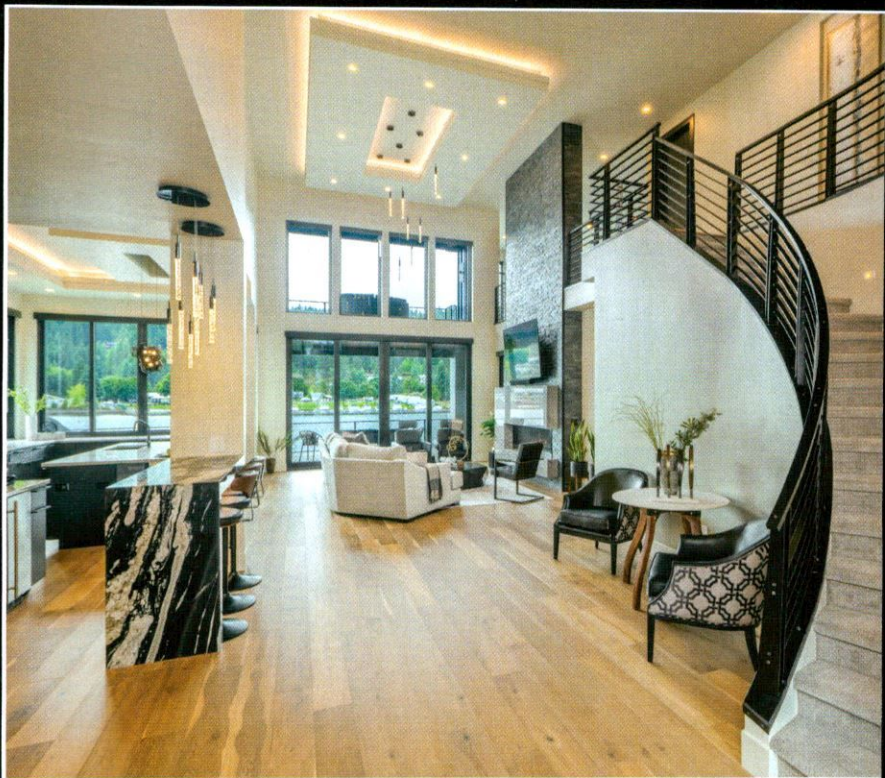
While they purchase and/or develop land for themselves, they specialize in expertly crafted modern custom homes. Their team of local experts design and build modern dream homes with quality materials, transparent pricing, and a streamlined process. Atlas Building Group provides in-house drafting design and full construction management to build custom homes from inception to completion. With the capability to design a home and build it with the same team, they can provide quicker responses to the field, providing for more innovation and collaboration.

When it comes to what Nick finds most fulfilling about this path he has chosen, he says, “Creation. Being able to visualize an idea within the mind, plus have the ability to bring it to life, is the most rewarding. Some of the homes we have built become pieces of art for the client and the community.”

Since 2019, Atlas Building Group has been featured in The Parade of Homes, presented by North Idaho Building Contractors Association, which showcases the work of North Idaho's leading builders and top designers. They have won awards in the highest category every year since they began entering their homes in the show—from Best Innovation, Best Interior and Best Kitchen to Best Exterior Design & Appeal and Unique Characteristics. “While we appreciate winning awards and showing our work to the local community, it is the relationships built with our clients that matter the most,” Nick affirms.

Both Nick and Kenny have called Coeur d'Alene home for more than three decades, and giving back to their community is important to both. Nick is proud to serve as vice president on the Board of Directors for CASA, a local nonprofit focused on advocating for vulnerable children in our area.

From inception to completion, Nick, Kenny, and the team at Atlas Building Group, are ready to design and build your modern dream home.



ATLAS
BUILDING GROUP

AtlasBuildingGroup.com
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208.818.7941

new year, new look



Embrace the future with the hottest home design trends

by PATRICE ALLEN



As we step into the new year, it's the perfect time to refresh your living spaces and infuse them with the latest interior design trends. Whether you're planning a complete home makeover or simply looking to update a room or two, 2024 brings a fresh wave of exciting design ideas to explore. From colors and materials to furniture and décor, here's what's trending in home and interior design in 2024.

Sustainable Living

Sustainability remains a central theme in interior design for 2024. More homeowners are opting for eco-friendly materials, energy-efficient fixtures and smart home technologies that reduce their carbon footprint and enhance their quality of life. Natural and renewable materials such as bamboo, reclaimed wood and recycled glass are becoming popular choices for flooring, furniture and décor. Solar panels, rainwater harvesting systems and efficient insulation are some of the sustainable features gaining prominence in home design.

Biophilic Design

Biophilic design is all about bringing the outdoors in. In 2024, expect to see an abundance of houseplants, natural light and nature-inspired décor elements in homes. The goal is to create spaces that foster a deeper connection with the natural world, promoting well-being and reducing stress. Incorporating large windows, living green walls, and using earthy color palettes are some ways to embrace this trend. Think cozy reading nooks surrounded by lush greenery or bedrooms that feel like peaceful forest retreats.

“

2024 brings a fresh wave of exciting design ideas to explore.



Open and Multifunctional Spaces

The concept of open living spaces continues to dominate interior design. In 2024, homes will feature more flexible layouts that adapt to various needs. Open-plan kitchens that seamlessly flow into living and dining areas are ideal for socializing and family gatherings. Sliding or folding partitions can transform a space from a home office during the day to a cozy movie room at night. This versatility in design allows homeowners to make the most of their square footage.

Maximalism with a Twist

Maximalism is making a comeback, but with a twist. It's not about cluttered spaces but rather bold and vibrant designs that reflect the homeowner's personality. In 2024, you can expect to see a mix of patterns, textures and styles, with a focus on balance and cohesion. Statement wallpapers, colorful furniture and eye-catching art pieces will take center stage. The key to mastering this trend is careful curation and creating a harmonious chaos that tells a story.

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Smart Homes

The integration of smart technology in homes continues to advance. In 2024, smart homes will not only be more efficient but also more intuitive and adaptable to our needs. From voice-activated lighting and climate control to AI-driven home assistants that learn your preferences, the possibilities are expanding. The rise of the metaverse also introduces opportunities for virtual reality interior design, allowing homeowners to experiment with different styles and layouts before committing to a physical change.

The Return of Earthy Tones

Earthy tones are back in vogue for 2024. Warm, grounding colors like terracotta, olive green and rich browns create a cozy and inviting atmosphere. These hues are versatile and work well in various design styles, from bohemian to minimalist. Earthy tones are often complemented with natural textures and materials, such as jute rugs, stone accents and wooden furniture, to create a harmonious and comforting environment.



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create a cozy and *inviting atmosphere*

Artisanal Craftsmanship

Handcrafted and artisanal pieces are gaining recognition in interior design. These unique and often one-of-a-kind items add character and a personal touch to your home. From hand-carved wooden furniture to hand-blown glass lighting fixtures, these pieces tell a story and bring a sense of authenticity to your space. Supporting local artisans and embracing their work not only elevates your interior design but also promotes craftsmanship and tradition.

Minimalist Aesthetics

While maximalism is making waves, minimalist aesthetics continue to have a dedicated following. In 2024, minimalism evolves to focus on the essentials. The mantra is “less is more,” with a clear emphasis on functionality and clean lines. Neutral color palettes, uncluttered spaces and a strong connection to nature are the hallmarks of this trend. The objective is to create serene, tranquil environments where every element has a purpose.



Retro Revival

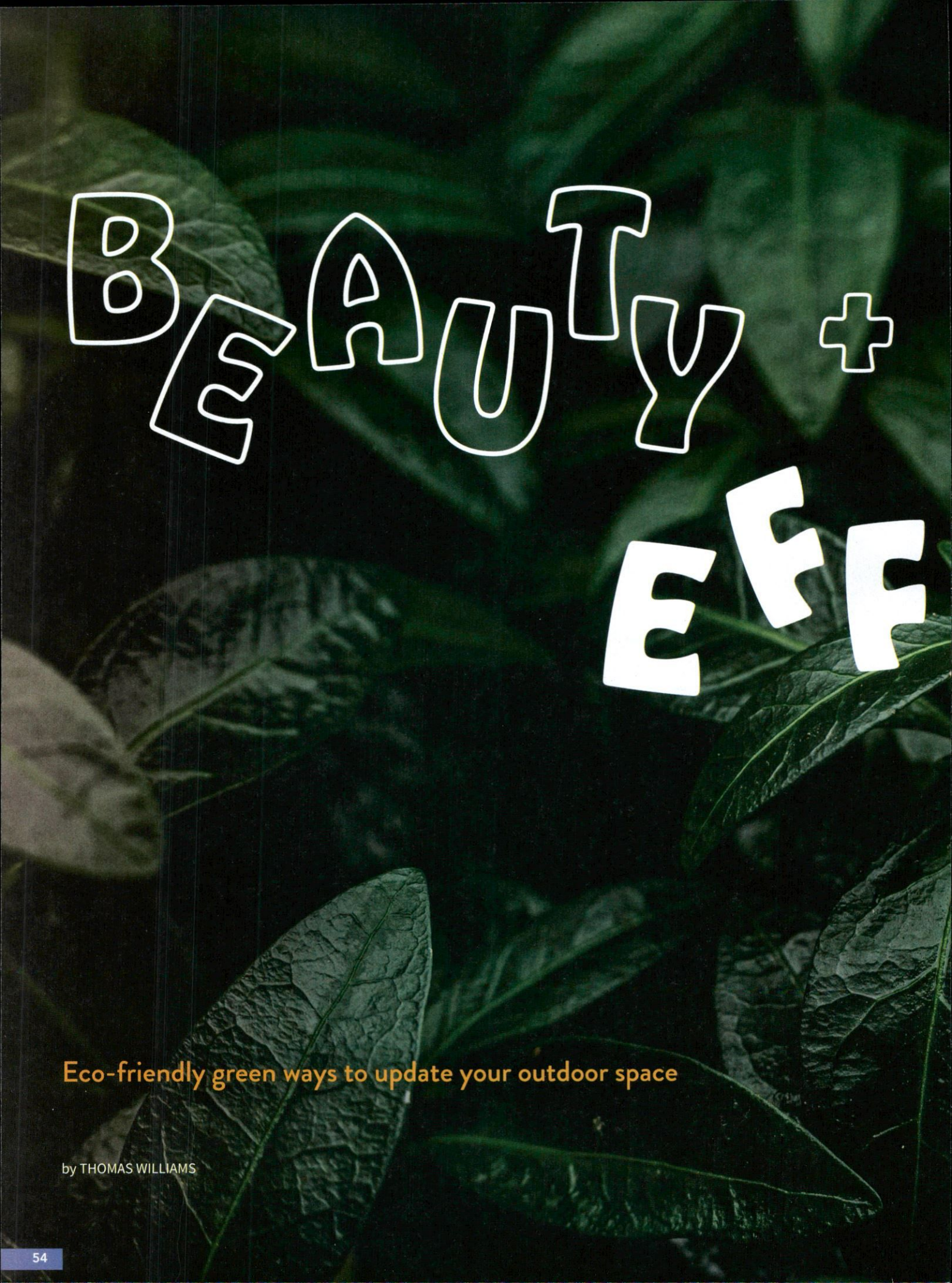
Nostalgia is a driving force in design, and the retro revival is evidence of that. In 2024, you'll see the resurgence of styles from the mid-20th century—with a modern twist. Think bold, geometric patterns, shaggy rugs and statement furniture pieces that harken back to the Mad Men era. This trend allows homeowners to blend the charm of the past with the convenience of the present.



Personalized Spaces

Customization and personalization are at the forefront of interior design in 2024. Homeowners are seeking to create spaces that reflect their individual tastes and lifestyles. From custom-built furniture to bespoke lighting fixtures and personalized artwork, the focus is on creating a space that's uniquely yours. This trend not only allows for self-expression but also makes your home more functional and comfortable.

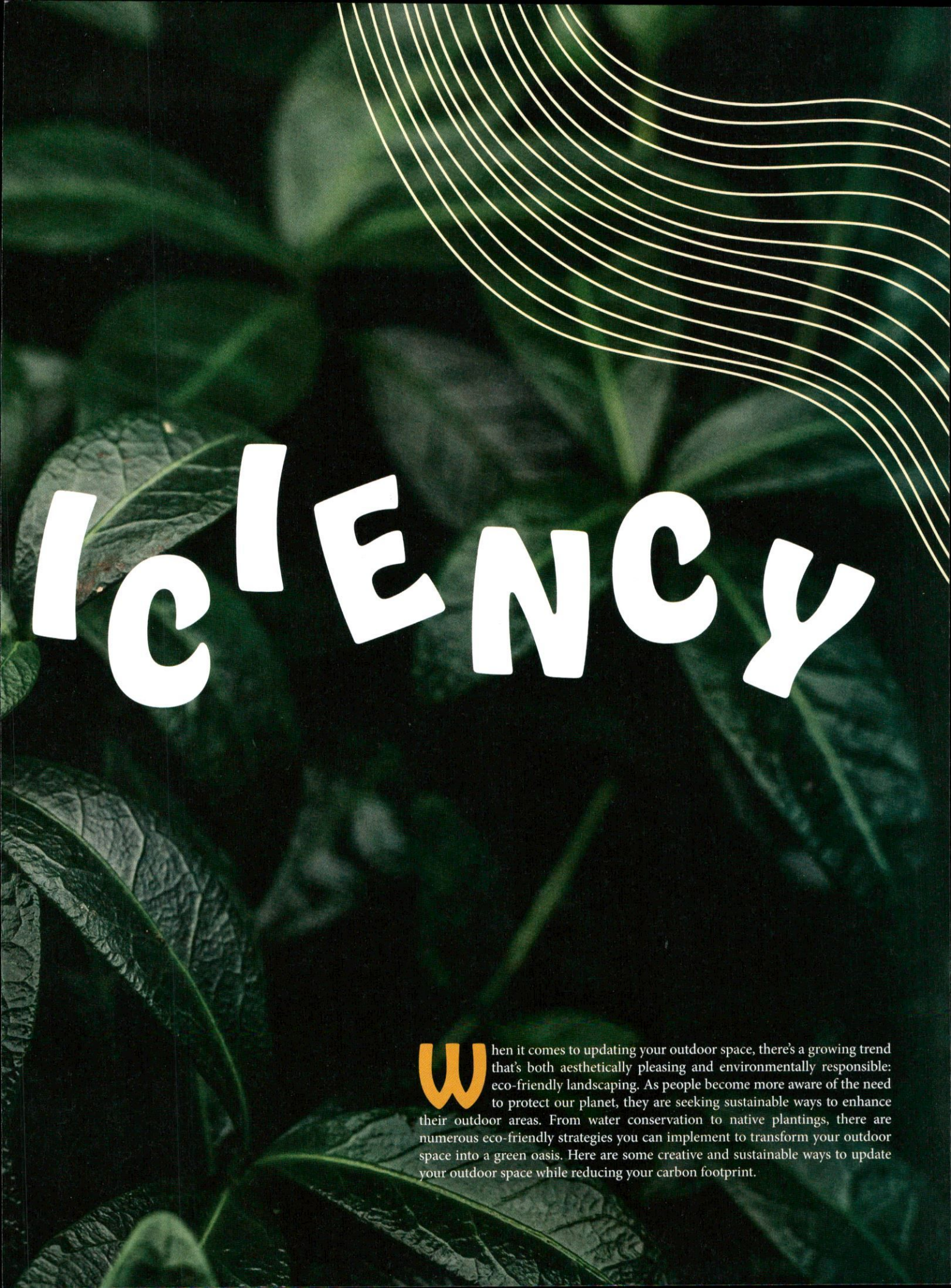
2024 is poised to be an exciting year for interior design, with trends that cater to a wide range of preferences and lifestyles. Whether you're drawn to sustainable living, maximalism or minimalism, there's a design trend for you. As we embrace the new year, don't be afraid to experiment and infuse your home with elements that resonate with your personality and values. After all, your home is a canvas for self-expression and a reflection of your ever-evolving tastes. So, let the trends of 2024 inspire your home's transformation, and enjoy the journey of creating a space that truly feels like your own.



BEAUTY + EFF

Eco-friendly green ways to update your outdoor space

by THOMAS WILLIAMS



Efficiency

When it comes to updating your outdoor space, there's a growing trend that's both aesthetically pleasing and environmentally responsible: eco-friendly landscaping. As people become more aware of the need to protect our planet, they are seeking sustainable ways to enhance their outdoor areas. From water conservation to native plantings, there are numerous eco-friendly strategies you can implement to transform your outdoor space into a green oasis. Here are some creative and sustainable ways to update your outdoor space while reducing your carbon footprint.

01

Drought-Resistant Landscaping

One of the most effective ways to conserve water in your outdoor space is to embrace drought-resistant landscaping. Opt for plants that are native to your region and have adapted to the local climate. Native plants require less water and maintenance, making them an eco-friendly choice. Succulents, ornamental grasses and native wildflowers are popular options that not only save water but also add a unique, natural beauty to your outdoor space.

02

Rain Barrels and Rain Gardens

Water conservation is a crucial aspect of eco-friendly outdoor design. Rain barrels and rain gardens are innovative solutions that can help you capture and manage rainwater effectively. Rain barrels collect rainwater from your roof's downspouts, which you can then use for watering your plants, reducing your reliance on tap water. Rain gardens, on the other hand, are planted areas designed to absorb and manage excess rainwater, reducing runoff and preventing soil erosion.

03

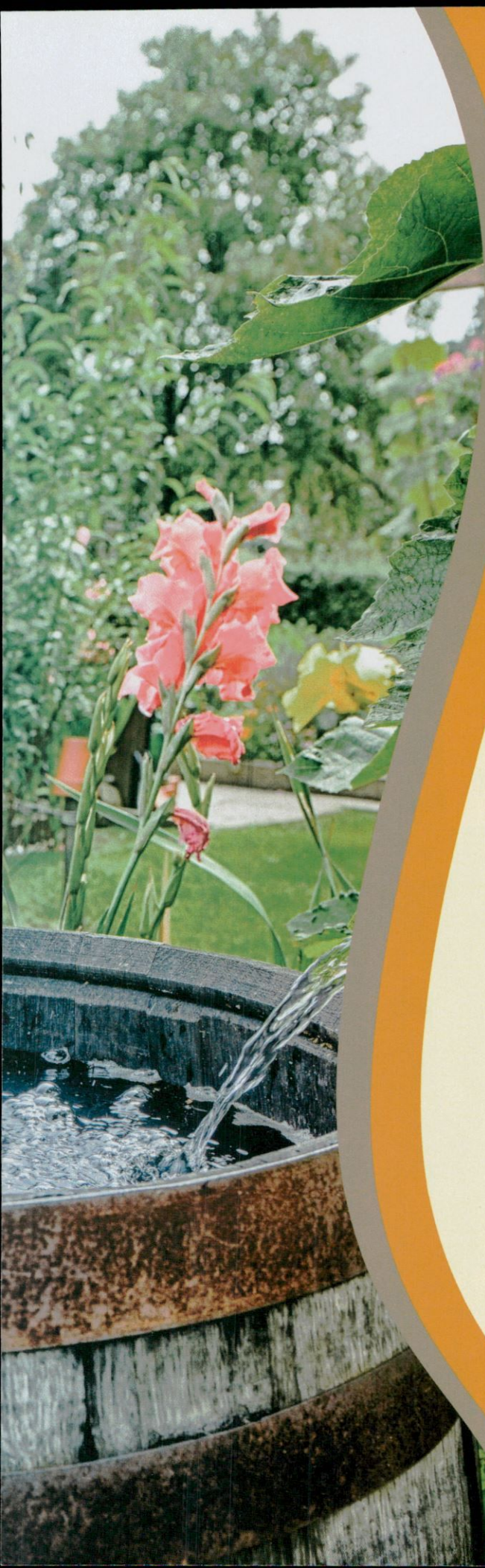
Permeable Surfaces

Traditional hardscape surfaces like concrete and asphalt can lead to water runoff and contribute to erosion and pollution. Opting for permeable surfaces, such as permeable pavers or gravel, allows rainwater to infiltrate the ground, recharging groundwater and reducing runoff. These surfaces not only prevent erosion but also provide a unique and eco-friendly aesthetic to your outdoor space.

04

Solar-Powered Outdoor Lighting

Adding outdoor lighting to your space can enhance its beauty and functionality. Instead of conventional electricity-powered lighting, consider solar-powered options. Solar lights are powered by the sun during the day and emit a soft energy-efficient glow at night. They are easy to install and come in a variety of styles, from string lights to pathway and garden lights. Not only do they reduce your energy consumption, but they also add a lovely ambiance to your outdoor area.



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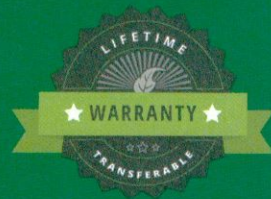
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05

Xeriscaping

Xeriscaping is a landscaping method specifically designed for arid and water-scarce regions. It focuses on the use of drought-tolerant plants, efficient irrigation systems and organic mulch to reduce water consumption significantly. By embracing xeriscaping, you can create a beautiful outdoor space that thrives even in the most challenging of climates. This approach not only conserves water but also reduces the need for chemical fertilizers and pesticides.

06

Upcycled and Recycled Outdoor Furniture

When it comes to updating your outdoor space, don't forget about the furniture. Instead of buying brand-new outdoor furniture, consider upcycling or purchasing recycled pieces. You can find unique, eco-friendly options at local thrift stores and shops, or online marketplaces. With a fresh coat of paint or some creative DIY projects, you can transform old furniture into stylish, sustainable additions to your outdoor space.





07

Energy-Efficient Appliances

If you have outdoor appliances, like grills, refrigerators or lighting fixtures, consider upgrading to energy-efficient models. Energy-efficient appliances consume less power, saving you money on your energy bills and reducing your carbon footprint. Look for appliances with the ENERGY STAR label, which signifies their energy efficiency.

08

Natural Pest Control

Instead of relying on chemical pesticides, try natural pest control methods. You can introduce beneficial insects like ladybugs and lacewings to your garden, which can help keep unwanted pests in check. Additionally, planting insect-repelling herbs like basil, rosemary and lavender can deter insects while adding beauty and fragrance to your outdoor space.



09

Composting and Recycling Stations

Make sustainability easy in your outdoor space by incorporating composting and recycling stations. Composting your kitchen scraps and yard waste not only reduces landfill waste but also produces nutrient-rich compost for your garden. Recycling stations encourage proper waste disposal, reducing the impact on the environment. Use aesthetically pleasing bins and containers to ensure these stations blend seamlessly into your outdoor design.

10

Bee-Friendly Gardens

Supporting pollinators, such as bees, is essential for a healthy ecosystem. Create a bee-friendly garden by planting a variety of flowering plants. Bees are attracted to a range of colors, so include a diverse selection of flowers in your outdoor space. Not only will your garden be abuzz with life, but you'll also contribute to the vital role these insects play in pollination.

Updating your outdoor space with eco-friendly and sustainable practices is not only a responsible choice for the environment but also a creative and rewarding endeavor. So, why wait? Start your journey toward a more sustainable and stunning outdoor haven today.



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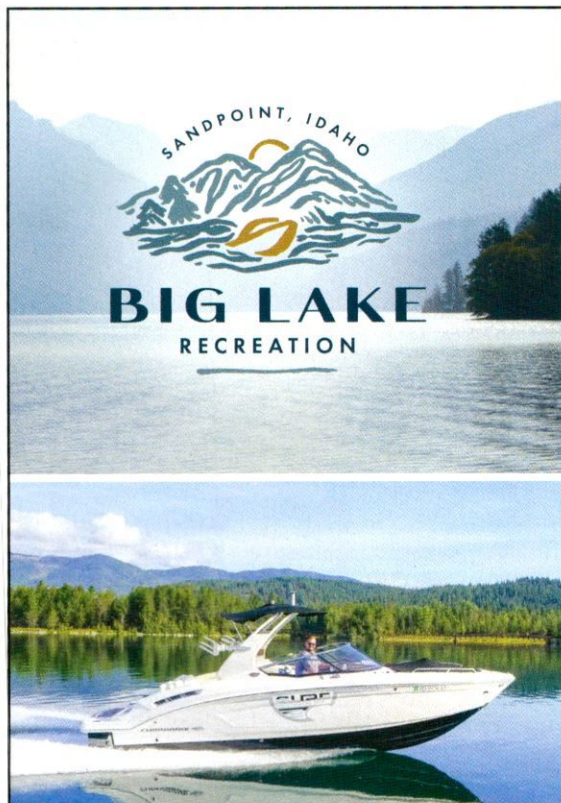
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YOUR GUIDE TO THE BEST IN LOCAL FUN ACROSS THE INLAND NORTHWEST

by DREW JOHNSON



FUN INDOOR

Get ready for an adventure-packed journey through a diverse spectrum of entertainment options across North Idaho and Spokane. From the thrill-seekers to nature enthusiasts and those craving cerebral challenges, a rich tapestry of experiences awaits. Here's an array of activities for adventure seekers, families or couples, ensuring unforgettable moments and shared experiences here in the Inland Northwest.

AXE FORCE ONE

Prepare for adrenaline-pumping excitement at Axe Force One. Step into the ultimate axe-throwing experience, where you can unleash your inner lumberjack in a safe and thrilling environment. Whether you're a novice or a seasoned pro, Axe Force One's skilled coaches will guide you through the art of axe throwing. Challenge your friends, family or coworkers to hit the bullseye with expertly crafted axes. With a welcoming atmosphere and a variety of games to choose from, Axe Force One is the perfect venue for group outings, celebrations or team-building events. Get ready to release your stress and have a blast in the heart of Coeur d'Alene!

1207 N. Fourth St., Coeur d'Alene, ID
208.763.8628 | AxeForceOne.com





BLUE ZOO AQUARIUM

Dive into an aquatic adventure at Blue Zoo Aquarium at NorthTown Mall, where you'll discover a thrilling underwater world and get up close and personal with a stunning array of marine life. The family friendly aquarium features a diverse range of species, from colorful tropical fish to graceful sea turtles and mesmerizing jellyfish. Explore themed exhibits, interactive touch tanks and educational programs that make learning about the ocean's wonders engaging and fun.

Whether you're a marine enthusiast or looking for a captivating family outing, Blue Zoo Aquarium promises a memorable experience. Immerse yourself in the wonders of the deep blue sea right in your backyard!

4750 N. Division St., Ste. 1242, Spokane, WA
info@bluezoo.us | BlueZoo.us

ESCAPE GAME COEUR D'ALENE

Experience the thrill of adventure and the challenge of the mind at Escape Game Coeur d'Alene. Immerse yourself in a world of mystery and intrigue, where

you and your team must work together to solve puzzles, decipher clues and unlock secrets to escape within the allotted time. With a variety of themed rooms to choose from, each offering unique scenarios and levels of difficulty, you can test your wits and bond with friends, family or coworkers. Whether you're a seasoned escape artist or a first-timer, the excitement and satisfaction of unraveling the enigma await at Escape Game Coeur d'Alene.

202 E. Sherman Ave., Coeur d'Alene, ID
 208.770.0973 | EscapeGameCdA.com

FLYING SQUIRREL TRAMPOLINE PARK

Elevate your fun at the Flying Squirrel Trampoline Park! This state-of-the-art indoor trampoline park is a high-flying haven for all ages. Bounce, flip and soar across interconnected trampolines, slam dunk basketballs, or conquer the ninja obstacle course. With wall-to-wall trampolines, foam pits, and an arcade, the park offers endless excitement and fitness in an exhilarating environment. Safety is their priority, and the attentive staff ensures a worry-free experience. Get ready to defy gravity and unleash your inner acrobat at Flying Squirrel Trampoline Park, where the thrill never ends.

15312 E. Sprague Ave., Spokane Valley, WA
 509.242.3831 | FlyingSquirrelSports.us



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Immerse yourself in the vibrant music scene of Sandpoint at The Hive, the ultimate live music and entertainment venue. The Hive is a haven for music enthusiasts. With its intimate atmosphere, top-notch sound system, and a lineup featuring local talents and touring artists, it's a destination for unforgettable live performances. Dance the night away, sip on craft cocktails, and enjoy the electric energy of the crowd. Whether you're a music aficionado or just looking for a night of entertainment, The Hive is the place to be. It's time to experience the heartbeat of Sandpoint's nightlife.

207 N. First Ave., Sandpoint, ID
208.920.9039 | LivefromtheHive.com

LAKE COEUR D'ALENE CRUISES

Embark on a scenic journey through the jewel of the Inland Northwest with Lake Coeur d'Alene Cruises. Discover the enchanting beauty of Lake Coeur d'Alene aboard Lake Coeur d'Alene Cruises' fleet of elegant vessels. Whether you're seeking a romantic sunset cruise, a family adventure or a unique venue for special events, these cruises offer breathtaking views, pristine waters and exceptional service. Enjoy delicious dining options, a full-service bar, and narration that reveals the history and natural wonders of the area. Set sail for relaxation, exploration, and unforgettable memories on picturesque Lake Coeur d'Alene.

115 S. Second St., Coeur d'Alene, ID
208.292.5670 | CdACruises.com

MOBIUS DISCOVERY CENTER

Unleash the wonders of science and innovation at Mobius Discovery Center. This engaging hands-on science museum is a haven for inquisitive minds of all ages. From exploring the mysteries of the universe in the planetarium to conducting exciting experiments in the science lab, the center offers immersive experiences that make learning fun. Dive into interactive exhibits that cover a spectrum of topics, from physics and technology to biology and space. With regularly updated displays and educational programs, Mobius Discovery Center is the ultimate destination for fostering a passion for STEM. Discover, learn, and ignite your curiosity at this dynamic science hub.

331 N. Post St., Spokane, WA
509.321.7121 | MobiusDiscoveryCenter.org

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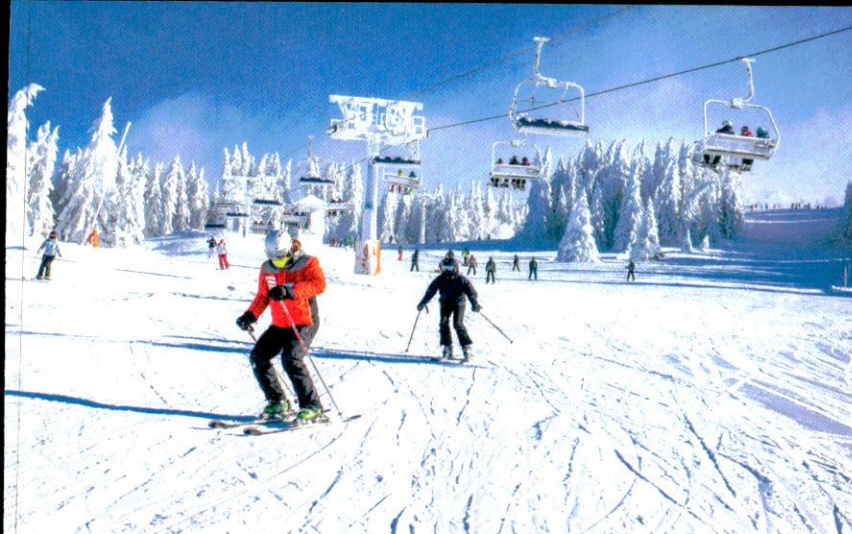
100 N. Hayford Rd., Spokane, WA
877.871.6772 | NorthernQuest.com

SCHWEITZER MOUNTAIN RESORT

Escape to the winter wonderland of Schweitzer Mountain Resort. Nestled in the stunning Selkirk Mountains, this premier alpine destination offers a skier's paradise. With over 2,900 acres of skiable terrain, world-class trails and breathtaking panoramic views of Lake Pend Oreille, it's a haven for winter enthusiasts. In the summer, it transforms into a mountain playground with hiking and biking trails, zip-lining adventures and vibrant festivals. The resort also boasts cozy accommodations, delectable dining options, and a charming village atmosphere. Whether you seek outdoor thrills or tranquil relaxation, Schweitzer Mountain Resort is your year-round mountain escape.

10000 Schweitzer Mountain Rd., Sandpoint, ID
208.263.9555 | Schweitzer.com





SILVER MOUNTAIN RESORT

Embrace the winter wonderland and the refreshing onset of spring at Silver Mountain Resort. Renowned for its exceptional skiing and snowboarding, the resort offers more than just powdery slopes. Glide down pristine runs, and then, as the snow melts, transition seamlessly into spring adventures. Enjoy the breathtaking world's longest gondola ride, leading to mountaintop hiking, snowshoeing and panoramic vistas. Don't forget the exhilarating indoor waterpark, a perfect way to warm up on a chilly day. Luxurious accommodations, cozy fireside lounges and a charming alpine village complete the experience. Silver Mountain Resort is your all-season destination for winter, spring, and beyond, in the heart of the Silver Valley.

610 Bunker Ave. , Kellogg, ID
208.783.1111 | SilverMt.com

SKATE PLAZA

Skate Plaza is a roller skating haven, offering endless fun on wheels for all ages. Lace up your roller skates or blades and glide across the spacious rink, perfect for beginners and seasoned skaters alike. With vibrant music, disco lights and a friendly atmosphere, it's an ideal spot for parties, family outings and date nights. The snack bar provides refreshments to keep you energized, and the arcade area offers additional entertainment. Come and experience the joy of roller skating at Skate Plaza, where good times and laughter are always on the agenda.

5685 N. Pioneer Dr. , Coeur d'Alene, ID
208.772.9507 | CdASKate.com

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Experience the allure of the Old West at Western Pleasure Guest Ranch. This historic ranch, set against the breathtaking backdrop of the Cabinet Mountains, offers an authentic taste of the American frontier. Stay in cozy log cabins, savor hearty ranch meals, and partake in a myriad of outdoor adventures like horseback riding, cattle drives and guided hikes, and sleigh rides in the winter months. Embrace the cowboy lifestyle with wranglers as your guides, or simply relax amidst the rustic charm of the ranch. Whether you're seeking a family vacation, romantic getaway or a unique event venue, Western Pleasure Guest Ranch promises a slice of Western heritage and hospitality.

1413 Upper Gold Creek, Sandpoint, ID
208.263.9066 | WesternPleasureRanch.com



Music Conservatory of Sandpoint

THE JUILLIHEART OF THE WILD WEST

by JILLIAN CHANDLER



Since opening its doors to the community in 2009, the Music Conservatory of Sandpoint (MCS) has created an inviting, yet challenging, environment for aspiring young performers; paying attention to accessibility while providing and maintaining excellence in teaching and learning in a most nurturing environment, with staff who value collaboration. “We are becoming more like a JuilliHeart of the Wild West every day,” smiles Karin Wedemeyer, founder and director of the MCS.

From the beginning, Karin thought outside the box, actually removing the box altogether, so that learning an instrument would be a joy for her students rather than a chore. At MCS, students are invited to linger in the foyer, meet other students, have a snack, and listen to each other practice. “There is no rushing, neither for parents nor for students. Coming together is natural and is encouraged, since learning an instrument is best when enjoyed as a shared experience.”

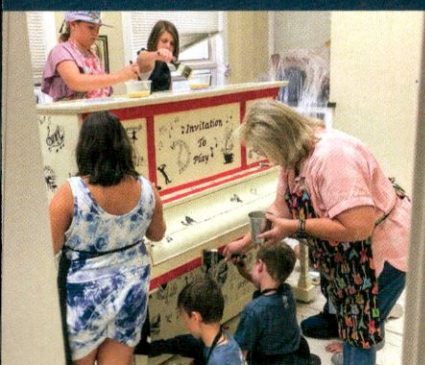
The MCS staff understands the importance for students to be able to refuel before their next activity and implemented “Food for Thought,” a program in collaboration with volunteers from the Food Bank, which supplies wholesome snacks for their learners. MCS also has a well-stocked coffee bar for parents and a never-ending chocolate supply for staff.

According to Karin, MCS’s teachers are carefully selected for

their willingness to embrace, mentor, teach and encourage students—aside from being excellent performers themselves. “All this creates a collaborative environment at MCS that helps students thrive.” And the students are thriving! In recent competitions, MCS Honor students took gold and silver in all their instruments, displaying high levels of confidence and joy as they performed.

Students of the Music Conservatory of Sandpoint experience much more than music lessons and lessons in the performing arts; MCS provides a rich cultural experience. As a globally minded school of performing arts, teachers and guest artists come from a variety of international backgrounds. As Karin affirms, “Cultural exposure and interactions are natural and important during times of high cultural anxiety. Music is this beautiful tool that brings people together.” For the past decade, their Music Without Borders program has hosted students from all over the world including Mexico, Europe and Africa. To capture its rich history and goals, the program will now be known as *Music Matters!* GLOBAL.

Music Matters!, another program of MCS that brings tuition-free music instruction to the youth of Sandpoint (ages 1 to 18) and includes choir, orchestra, percussion, theater, and Little Mozarts early childhood classes, provides over 1,000 hours of instruction, rehearsal and performance hours during the course of the school year. This program is an invitation to play and allows students to



check out an instrument from its in-house Instrument Library at no charge. (The Instrument Library currently holds 258 quality instruments—from violins and cellos to harps, flutes and so much more!)

"We prioritize getting kids on stage, letting children see other children perform, bringing musicians together of all ages, and creating mentoring pathways led by older students as well as professional musicians," states Kathi Samuels, MCS development director. "And we do not turn students away based on cost."

The invitation to nurture the love of music extends outdoors to their Little Mozarts Plaza in front of the school, where anyone can play on the much-loved community piano, painted this past summer by students in the Instrument Art Factory—another brainchild of Karin's.

"Our greatest gift is that we pay great attention to creating an environment that students can thrive in all around—embracing the many components of an artistic experience and training, which includes overall personal development," Karin reflects. "What we offer here is much more than taking a music lesson."

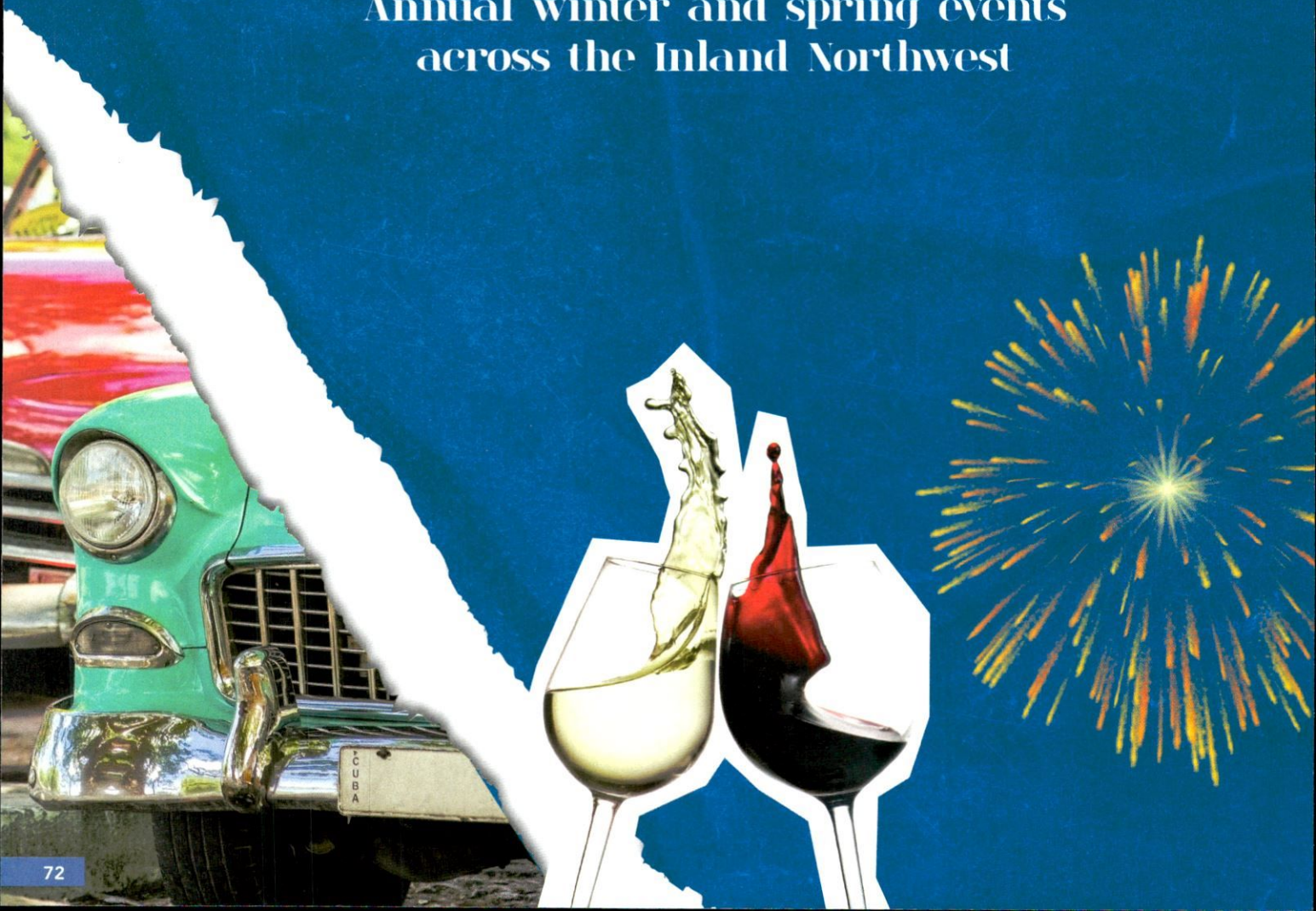
For those who would like to support MCS students and their mission, whether as a volunteer, a donor, sponsor, or friend, Karin invites you in to take a tour.

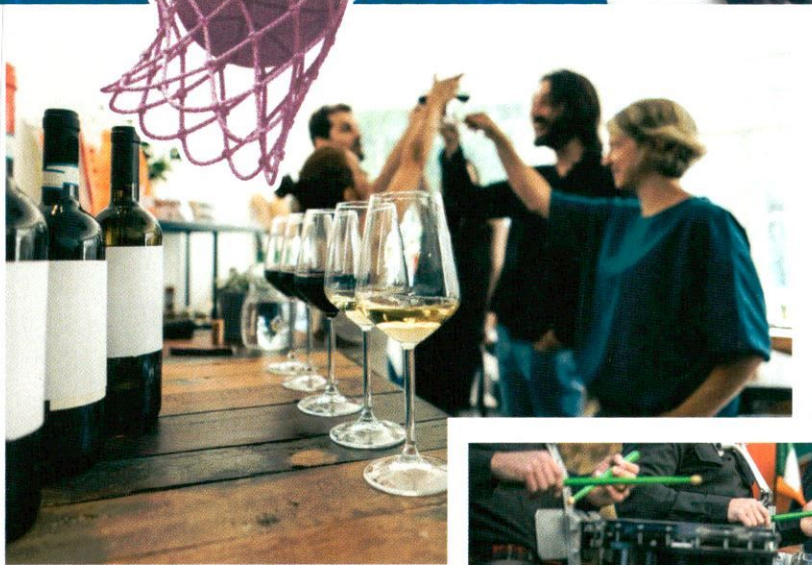
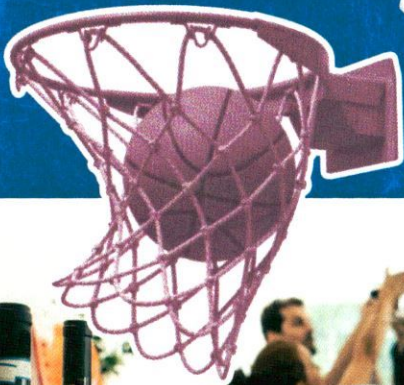
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NOV. DEC.

24-24

WHEATLAND BANK FREE HORSE
& CARRIAGE RIDES
DowntownSpokane.org

DEC.

01-31

NORTHWEST WINTERFEST
NorthwestWinterfest.com

NOV. JAN.

23-02

JOURNEY TO THE NORTH
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DEC.

09

KOOTENAI COUNTY FARMERS
MARKET: WINTER MARKET
KootenaiFarmersMarkets.org



NOV. DEC.

28-10



41ST ANNUAL CHRISTMAS TREE ELEGANCE

Since 1993, Spokane Symphony Associates has hosted its annual Christmas Tree Elegance, a 13-day event that kicks off the Tuesday following Thanksgiving and continues through the second Sunday in December. This regional event attracts more than 100,000 attendees from Washington, Idaho, Montana, Oregon, California and Canada. Father Christmas and more than a dozen trees will be on display from November 28 through December 10 at both The Historic Davenport Hotel and River Park Square. \$1 raffle tickets are available for purchase and deposit at both locations during hours of business operations. SpokaneSymphonyAssoc.org

DEC.

01-31



5TH ANNUAL NORTHWEST WINTERFEST

Northwest Winterfest is the Pacific Northwest's brightest and largest illuminated lantern display and cultural celebration, where you have the opportunity to tour dozens of authentically crafted lighted lanterns during this magical experience. Celebrating the winter season, its whimsy, its holidays, and its traditions from cultures of the world stretching to every corner of the globe, Northwest Winterfest is an indoor, self-guided, accessible walking tour. Stroll at your own pace and discover the magical lights and sounds. Plus enjoy great food, soft drinks and hot beverages. NorthwestWinterfest.com

NOV. JAN.

23-02



JOURNEY TO THE NORTH POLE CRUISES

Each Christmas season, The Coeur d'Alene Resort invites those young and old on a spirited adventure on Lake Coeur d'Alene with their Journey to the North Pole Cruises. November 23 through January 2, these 40-minute cruises (which depart at 5:30, 6:30 and 7:30pm) offer guests an unforgettable holiday lake cruise, a view of more than 1.5 million twinkling holiday lights, and a visit to Santa Claus and his elves at his waterfront toy workshop, where he calls each child by name. CdAResort.com

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PHOTOGRAPHY



JANUARY

01

47TH ANNUAL TESH
5K FUN RUN

TeshInc.com

01

POLAR BEAR PLUNGE

CoeurAlene.org

13

MAC & CHEESE FESTIVAL

CdADowntown.com

18-21

INLAND NORTHWEST RV SHOW

SpokaneRVShow.com

19-21

BANFF MOUNTAIN FILM
FESTIVAL SANDPOINT

Panida.org

20-21

THE BRIDAL FESTIVAL

BridalFest.com

27-29

BANFF MOUNTAIN FILM
FESTIVAL COEUR D'ALENE

KrocCdA.org/kroc-cda

01



47TH ANNUAL TESH 5K FUN RUN

Join Tesh Inc. for the 47th annual "Hangover Handicap," as you run, jog, walk or roll with friends, neighbors, clients, families, and community business partners, while helping to raise funds, and awareness, for the youth and adults with disabilities in our community. The run begins at 9:30am and will start and finish at Atlas Waterfront Park in Coeur d'Alene. All proceeds from this event benefit Tesh, Inc., a private, not-for-profit organization whose core purpose is to offer choices and opportunities to people of all ages seeking greater independence, self-sufficiency, and participation in their community. TeshInc.com

13



MAC & CHEESE FESTIVAL

Celebrate your favorite childhood dish by tasting your way through this year's Mac & Cheese Festival in downtown Coeur d'Alene on Saturday, January 13! Featuring a variety of cheesy dishes, carefully prepared by local chefs who will be competing for the Golden Noodle Award, participants are sure to enjoy a comfort food-filled day. And they'll have the chance to vote for their favorite dish to help award the People's Choice Trophy! CdADowntown.com

20-21



THE BRIDAL FESTIVAL

The Northwest's premier bridal festival, The Bridal Festival returns to the Spokane Convention Center January 20 and 21. This is the place to be the third weekend in January to be connected with the best resources for planning your wedding. Meet with wedding experts, from bridal gown specialists and tuxedo rentals, to wedding planners and venues, to photographers and videographers, all under one roof. BridalFest.com

FEBRUARY

03

HOSPICE WINE TASTE & AUCTION
HospiceofNorthIdaho.org/annual-wine-taste

10

THE CHOCOLATE AFFAIR
CdADowntown.com

16-25

SANDPOINT WINTER CARNIVAL
SandpointWinterCarnival.com

22-25

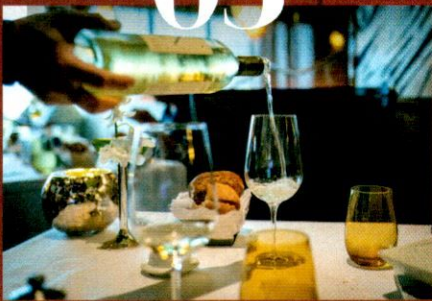
SPOKANE HOME AND YARD SHOW
CusterShows.com

23

TASTE OF LIFE
HospiceofSpokane.org

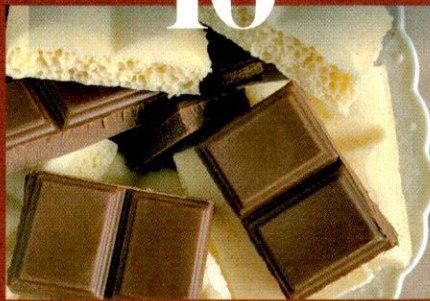


03



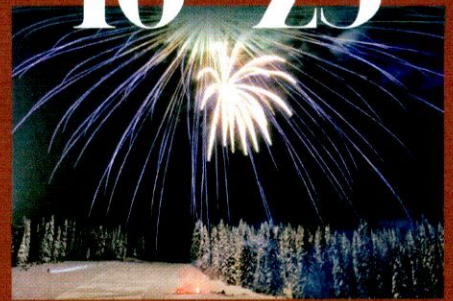
HOSPICE WINE TASTE & AUCTION
 An evening of wine, bites and fundraising, Hospice of North Idaho's 39th annual Wine Taste & auction will kick off at 5pm on Saturday, February 3, at The Coeur d'Alene Resort. Formal attire, lavish décor, impeccable food and exquisite wine makes for a memorable evening shared with a community of local philanthropists. Event highlights include games, silent and live auctions, and paddle raise, all to benefit Hospice of North Idaho's mission.
HospiceofNorthIdaho.org/wine-taste

10



THE CHOCOLATE AFFAIR
 The Coeur d'Alene Downtown Association presents this annual tasting event each February, with this year's Chocolate Affair scheduled for Saturday, February 10. Bundle up and head to downtown Coeur d'Alene from 3 to 7pm, where your tasting adventure will take you to participating businesses, each featuring their own unique and delicious chocolatey creation for you to savor. Don't wait! Get your tickets today.
CdADowntown.com

16-25



SANDPOINT WINTER CARNIVAL
 This annual Sandpoint winter extravaganza is back February 16 through 25. A beloved, and much-anticipated, community event, the Sandpoint Winter Carnival cooks up a sure antidote to cabin fever. Events include fireworks and fun at Schweitzer Mountain, live music all over town, parties galore, plus other traditional favorites like the Parade of Lights and the K9 Keg Pull.
SandpointWinterCarnival.com

MARCH

01-03

NIBCA HOME & GARDEN
SHOW COEUR D'ALENE
NIBCA.com

01-03

GUN & HORN SHOW
BonnerCountySportsmen.org

01-03

SPRINGS ARTS & CRAFTS SHOW
CusterShows.com

01-31

WASHINGTON WINE MONTH
SpokaneWineries.com

02

WINE, STEIN & DINE
PFEFWSD.org

16

ST. PATRICK'S DAY
PARADE SPOKANE
FriendlySonsofStPatrick.com

16

ST. PATRICK'S DAY PARADE
COEUR D'ALENE
CdADowntown.com

22-24

2024 NCAA DIVISION I MEN'S
BASKETBALL CHAMPIONSHIP
SpokaneArena.com



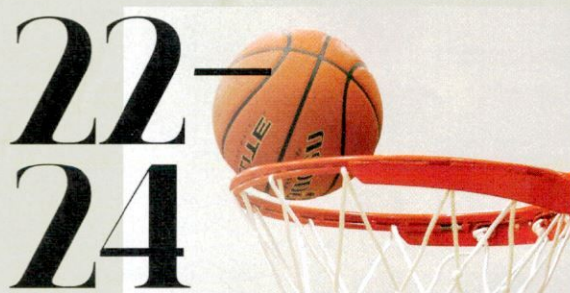
WASHINGTON WINE MONTH

During the entire month of March, Spokane area wineries will be celebrating Washington Wine month. This is a month-long promotion during business hours at each participating winery and tasting room. Pick up a punch card, visit five wineries and/or tasting rooms, and fill out your information to be entered into a drawing for some fabulous gift cards at the end of the month. SpokaneWineries.com



CUSTER'S SPRING ARTS & CRAFTS SHOW

Held March 1 through 3 at the Spokane County Fair & Expo Center, Custer's 47th annual Spring Arts & Crafts Show will feature professional artists and crafters from across the Northwest. From fine art and hand crafts to specialty foods, browse and shop the largest show of its kind in the Inland Northwest. CusterShows.com



NCAA® DIVISION I MEN'S BASKETBALL CHAMPIONSHIP

The University of Idaho hosts the First and Second Rounds of the NCAA® Division I Men's Basketball Championship. Don't miss your chance to experience March Madness® in Spokane March 22 and 24 at Spokane Veterans Memorial Arena! General public all-session tickets are sold out, but tickets may still be purchased through The NCAA Fan Experience and NCAA Ticket Exchange. SpokaneArena.com

APRIL

05-07

COEUR D'ALENE BLUES FESTIVAL
CdAResort.com

06-07

NIBCA HOME & GARDEN
SHOW SANDPOINT
NIBCA.com

20

NPC EMPIRE CLASSIC
RibicProductions.com/empire-classic

20

WINE EXTRAVAGANZA
CdADowntown.com

27

SPRING DASH
UWNorthIdaho.org



05-07



COEUR D'ALENE BLUES FESTIVAL

The annual Coeur d'Alene Blues Festival returns April 5 through 7 to The Coeur d'Alene Resort. Featuring the best talent in local, regional and national blues artists, the Coeur d'Alene Blues Festival has won the Inland Blues Society "Best Blues Festival" five years running. All are invited to attend this soul-swingin' weekend celebrating the best of modern blues. To view the 2024 performers and lineup of events, be sure to find the event on Facebook. CdAResort.com

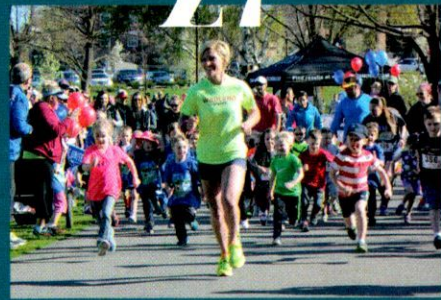
20



WINE EXTRAVAGANZA

The Coeur d'Alene Downtown Association will once again host its Wine Extravaganza in downtown Coeur d'Alene on Saturday, April 20. Enjoy sips from 20 wineries while strolling through some of your favorite local shops as they become pop-up tasting rooms, each showcasing something different! With dozens of varietals, wine cocktails and live music, there will be something for every wine connoisseur! CdADowntown.com

27



SPRING DASH

Join United Way of North Idaho as they present the 42nd annual Spring Dash! Join others as you walk, jog or run 5 miles for a great cause. All courses are out and back (start at finish at McEuen Park Pavilion) on paved surfaces and treat participants to the scenic beauty of Lake Coeur d'Alene. An all-around great community event, proceeds raised from the event go to benefit ALICE. UWNorthIdaho.org

MAY

04

NIGHT LIGHTS SKY LANTERN FESTIVAL

RaceIdaho.com

05

BLOOMSDAY RUN

BloomsdayRun.org

08

HEALTH AND WELLNESS FAIR

KCFairgrounds.com

10-12

SPRING BARREL TASTING

SpokaneWineries.com

11-18

SPOKANE LILAC FESTIVAL WEEK

SpokaneLilacFestival.org

17-18

LOST IN THE '50S

Sandpoint.org/lostin50s

18

SIP IDAHO NORTH

SipIdahoEvent.com

26

COEUR D'ALENE MARATHON

CdAMarathon.com

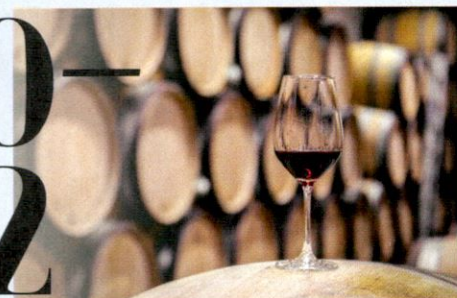
04



NIGHT LIGHTS SKY LANTERN FESTIVAL

Inspired by the traditional Thai Lantern Festival, Night Lights is an all-new and completely reimagined sky lantern experience. Join thousands of your friends, family and neighbors at Stateline Speedway in Post Falls to make a truly once-in-a-lifetime memory as you launch your lanterns just after dusk. This event is held the first weekend in May each year. RaceIdaho.com/schedules

10-12



SPRING BARREL TASTING

Spokane wineries host this raise-a-glass worthy event each spring over Mother's Day weekend. Make a day of it—or weekend—and stop by participating wineries and taste all the wonderful wines these local Washington wineries are pouring. A great way to celebrate Mom ... exploring and tasting all of what our winemakers have to offer. And it doesn't hurt to fit in a little shopping between tastings. Participating wineries and special winery events can be found online. SpokaneWineries.com

18



SIP IDAHO NORTH

Held at Red Lion Templin's on the River in Post Falls, Sip Idaho North, Idaho's premier liquor tasting event, returns Saturday, May 18, for its second year. Guests will be treated to liquor samplings, a fully catered appetizer buffet and live music. Tickets are \$65 for General Admission or \$100 for the VIP Experience, which allows attendees access to the event one hour earlier for a more exclusive and intimate experience. Tickets are now on sale and can be purchased online. SipIdahoEvent.com



Bring an extra appetite.

We'll satisfy that one, too. Because at Northern Quest, we've got more restaurants and lounges under one roof than anywhere else in town. Seventeen to be precise, including Masselow's Steakhouse, East Pan-Asian Cuisine, Neon Pizza, Highball and Legends of Fire. And still, we'll have the audacity to offer you dessert.



health & beauty



83

SARAH HAMILTON FACE: REFRESH
YOUR LOOK AND BOOK A
LASER TREATMENT

84

EMBRACE THE CHILL:
WARM LOOKS FOR THE
COLD WEATHER

88

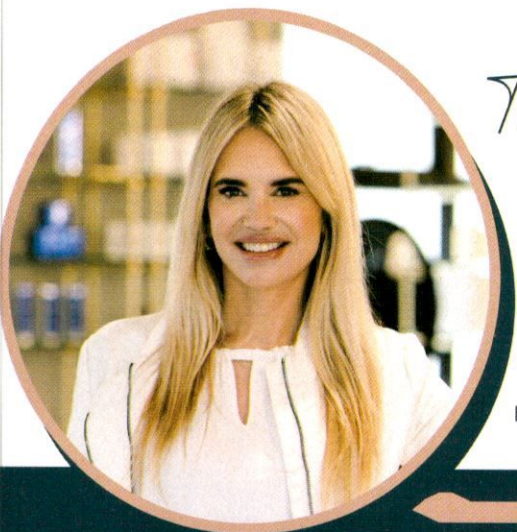
7B-IV TRINITY WELLNESS
CENTER: FOCUSING ON HEALING
THE BODY NATURALLY

90

WINTER WELLNESS: STAYING FIT
AND HEALTHY DURING THE
COLD MONTHS

95

AGING BETTER IN-HOME CARE:
THE INLAND NORTHWEST'S
MOST TRUSTED PROVIDER



The Inland Northwest's Premier *Medical Aesthetic Clinic*

Refresh your look and book a laser treatment today with Sarah Hamilton Face

by JILLIAN CHANDLER

Sarah Hamilton Face, the area's premier medical aesthetic clinic (with locations in Coeur d'Alene, Idaho, and Liberty Lake, Washington) prides itself on delivering personalized care and attention to each client they serve. They take the time to understand one's specific concerns, preferences and desired outcomes, allowing them to create customized treatment plans. This personalized approach ensures that you receive the best possible results.

Founded by Sarah Hamilton, aesthetic nurse and national trainer, Face is comprised of a team of highly skilled and experienced medical professionals who are dedicated to providing top-notch aesthetic treatments. They stay up to date with the latest advancements in the field, ensuring they can provide the most effective, innovative and safe treatments to their clients. This experience, paired with state-of-the-art laser machines and equipment, allows them to deliver precise and targeted treatments, minimizing any potential risks or side effects. (Sarah Hamilton Face is also a national laser training center where providers from around the country come to learn their laser techniques.)

When it comes to laser treatments, they take a personalized approach, understanding that each individual is unique, and tailor treatments to meet the specific needs and concerns of the client. "Our friendly and knowledgeable staff take the time to listen to our clients' goals and expectations, ensuring that they receive the best possible results," affirms Sarah.

Sun exposure, over time, can lead to various skin concerns such as sunspots, uneven skin tone, fine lines and wrinkles. "It's important to note that the specific laser treatment recommended for sun-damaged skin may vary depending on the severity of the damage and individual skin concerns," Sarah notes. "Our experienced professionals will assess your skin and customize a treatment plan to address your specific needs effectively."

Now is the best time of year to address sun-damaged skin with Sarah Hamilton Face's top laser treatments:

Sunspot and Pigmentation Reduction: Targets and breaks down excess melanin, which causes sunspots and pigmentation. The laser energy is absorbed by the pigmented cells, leading to their fragmentation and eventual fading. This helps in reducing the appearance of sunspots and achieving a more even skin tone.



Skin Rejuvenation: Stimulates collagen production (a protein responsible for maintaining skin elasticity and firmness) in the skin. Sun damage can lead to collagen breakdown, resulting in the formation of fine lines and wrinkles. By promoting collagen production, laser treatments can help improve skin texture, reduce the visibility of fine lines and restore a more youthful appearance.

Skin Resurfacing: Laser resurfacing treatments can effectively address sun-damaged skin by removing the damaged outer layers of the skin. This process helps to reduce the appearance of sunspots, fine lines and uneven texture, revealing smoother, healthier skin underneath.

Overall Skin Improvement: Laser treatments can also enhance overall skin quality by improving skin tone, texture and clarity. They

can help minimize pore size, reduce redness and promote a more radiant complexion.

Additional laser technologies offered at Face include Laser Hair Removal, Laser Tattoo Removal, Laser Vein Treatments and Laser Acne Treatment.

Ready to repair your sun-damaged skin? Sarah invites you to schedule your consultation today.

sarah hamilton

FACE

SarahHamiltonFACE.com

1334 N. Whitman Ln., Ste. 210
Liberty Lake, WA
509.210.0228

2120 NW Blvd., Ste. A
Coeur d'Alene, ID
208.277.0018





EMBRACE THE *Chill*

Warm looks for the cold weather

by ELIZABETH RAY





As the temperature drops and winter's icy grip tightens, it's time to elevate your style game and bring some warmth to the chilly season. From cozy layers to radiant makeup, we've got you covered with the hottest trends to keep you looking and feeling fabulous. Let's dive into the world of warm looks for the cold weather and discover how to shine—even on the frostiest days.

1. Makeup Magic: Radiant Glows and Berry Hues

Say goodbye to the summer dewy look and hello to a radiant winter glow. Opt for a luminous foundation to keep your skin looking fresh and hydrated. Highlight those cheekbones with a warm, golden shimmer for a sun-kissed effect that defies the winter blues.

When it comes to eyes, embrace rich, earthy tones like copper, burgundy and deep browns. Consider a smoky eye with warm hues to add drama and intensity to your winter gaze. Don't forget to finish off with a bold mascara and a touch of berry-toned lipstick for that perfect winter pout.

2. Nailed It: Cozy Manicures for Cold Days

Your nails are the perfect canvas to express your winter style. Embrace deep, warm colors like burgundy, forest green and chocolate brown. Matte finishes add a touch of sophistication, while metallic accents bring a hint of glam to your fingertips.

Consider nail art inspired by winter elements like snowflakes, cozy sweaters, or even a subtle gradient that mimics the changing colors of fall leaves. A well-manicured set of nails can be the finishing touch to your cold-weather ensemble.



3. Hair Havens: Cozy Textures and Warm Tones

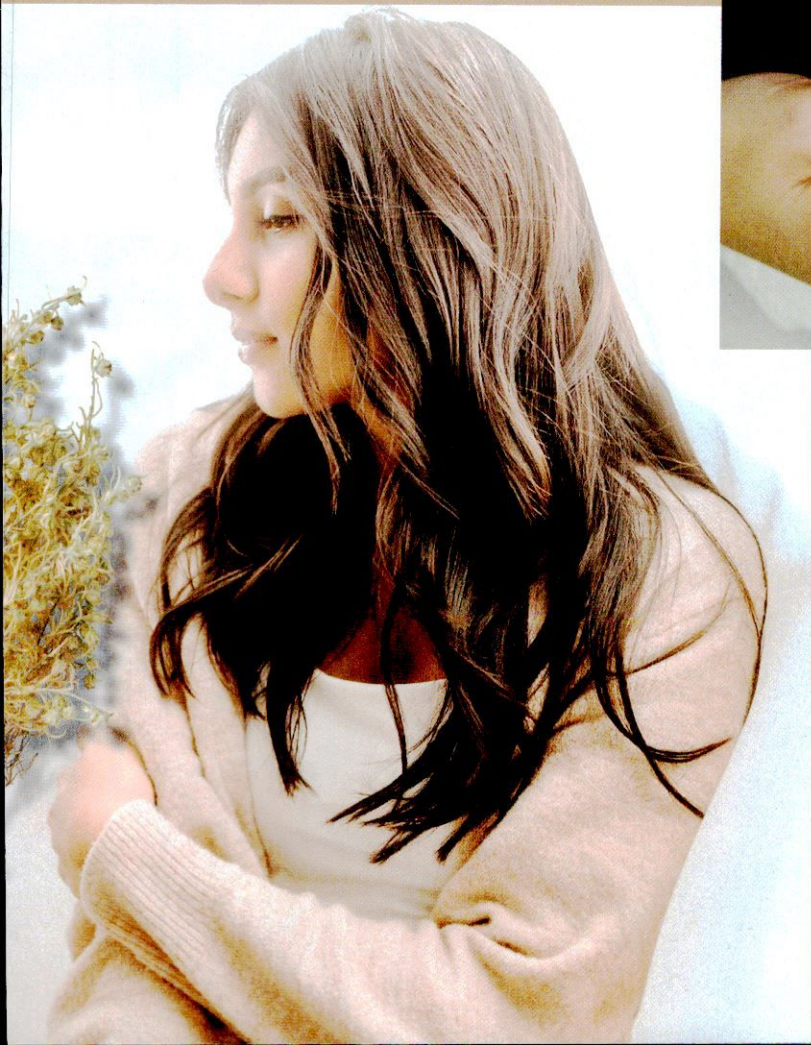
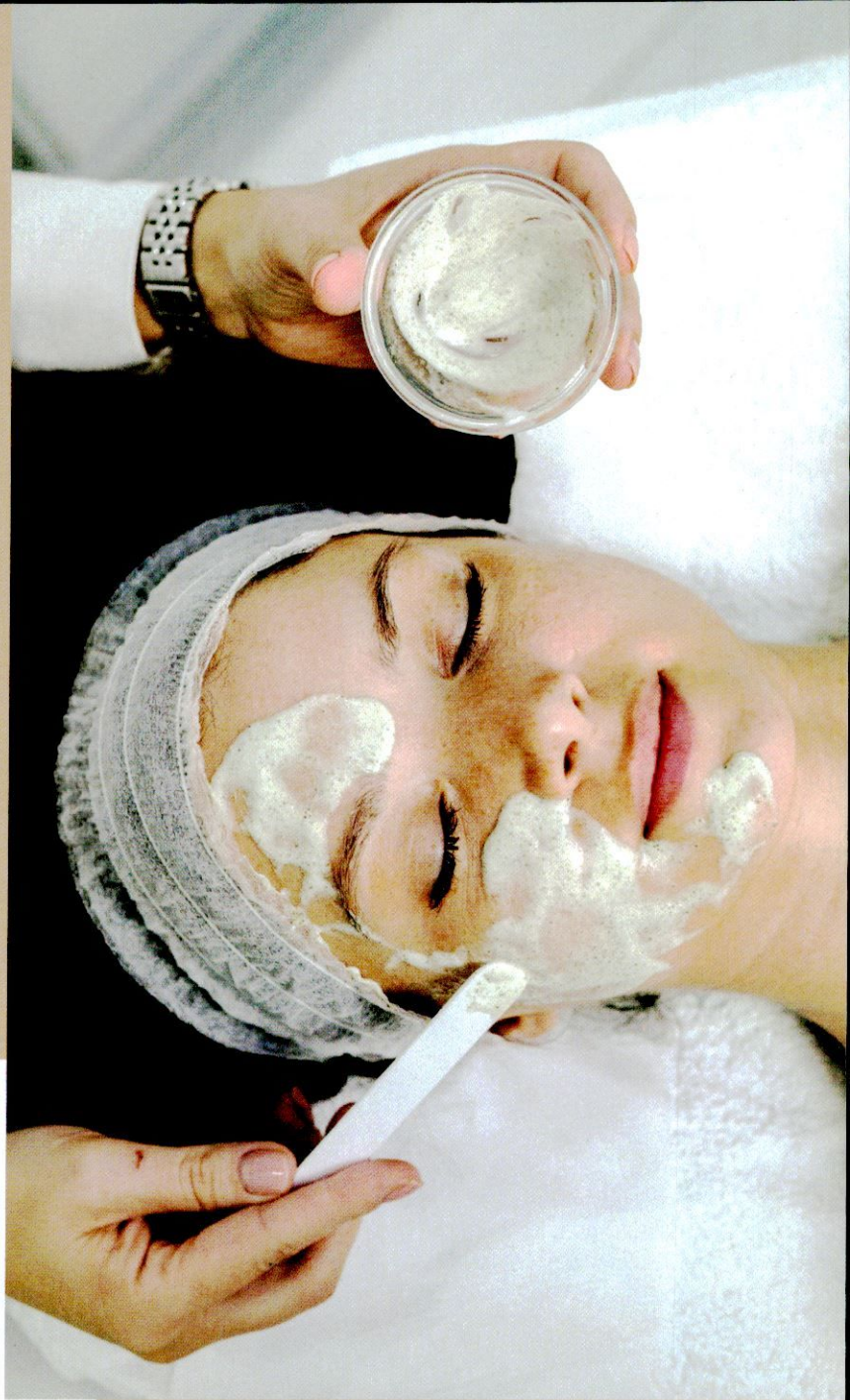
Keep your locks luscious and luxurious with hairstyles that exude warmth. Embrace natural textures like loose waves or curls for a relaxed yet polished look. Warm up your hair color with shades of caramel, chestnut or auburn to add depth and dimension.

Accessorize with cozy headbands, knitted beanies or stylish berets to not only keep warm but also to elevate your winter hairstyle. Don't be afraid to experiment with braids or updos for a chic and sophisticated appearance.

4. Skin Savors: Hydration is Key

Combat the drying effects of winter by prioritizing skin care. Invest in a rich, hydrating moisturizer to keep your skin supple and protected against the harsh elements. Consider incorporating a facial oil into your routine to lock in moisture and create a luminous complexion.

For a natural winter flush, add a touch of cream blush to your routine. This will give your cheeks a rosy glow that looks like you just stepped in from the cold. Remember, hydrated skin is the foundation for any winter look.



5. Clothing and Accessories: Layered Luxury

When it comes to winter fashion, layers are your best friend. Opt for cozy sweaters, stylish scarves and chic jackets to stay warm without sacrificing style. Embrace warm, earthy tones like camel, olive and rust for a look that complements the season.

Accessorize with statement pieces like oversized hats, leather gloves and knee-high boots to add flair to your ensemble. Invest in a quality winter coat that not only keeps you warm but also serves as a fashion statement.

This winter, defy the cold with looks that radiate warmth. Whether it's through your makeup, nails, hair, skin or clothing, or all of the above, let your style be a beacon of coziness in the midst of winter's chill. Embrace the season with open arms and a fabulous wardrobe to match!

The Art of Functional *Medicine*



Sandpoint wellness center focuses on
healing the body naturally

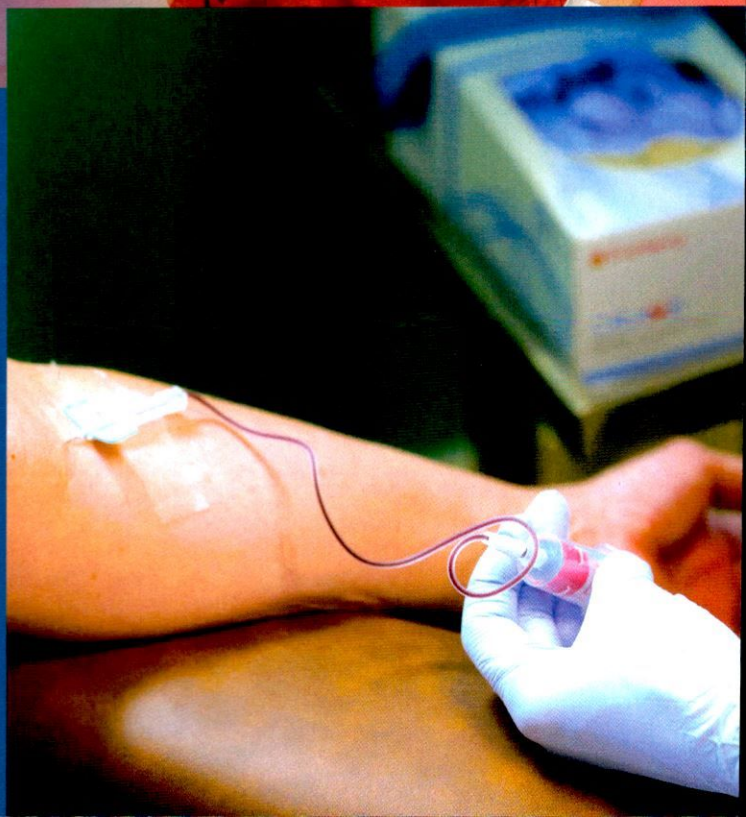
by JILLIAN CHANDLER

Melinda Adams made the conscious choice to turn heartbreak into healing. She and her husband Barrett welcomed their beautiful baby girl, Trinity Melinda Adams, to the world on February 13, 2002. Born with a rare heart condition, the hospital would be Trinity's home for nearly two-and-a-half years and where she endured various procedures, including four open heart surgeries—she passed away after her final heart surgery in 2007. Trinity was laid to rest at just 5 ½ years old.

"This life and death experience with our daughter is what truly gave me the drive to become a nurse," Melinda reflects. "I am a nurse in honor of my daughter."

After completing nursing school, Melinda worked in a variety of nursing fields over the years, including medical surgery, telemetry, PACU recovery, emergency department, labor and delivery, postpartum, and operating room/surgery.

She and Barrett made the move to Sandpoint three years ago and immediately fell in love with the area, the people and the beauty of



Sandpoint. Melinda joined the team at Bonner General Hospital, and it was during this time that she recognized a need in the community for a mobile nursing care service that could come to a patient's home. "This is when I knew that the Lord had other plans in store for my family and me," she recalls.

In March of 2022, 7B-IV, a mobile IV business, was launched. "It immediately became my passion [being a nurse in the art of functional medicine], and I realized that this is why my family was led to Sandpoint," Melinda smiles. "The body is a beautiful, natural, organic creation from God, and it has a very strong natural ability to heal itself. This is why I do what I do now, helping one patient at a time to pull out of their illness, back over to wellness."

7-B IV immediately saw success within those first few months, with Melinda's clientele continuing to grow and the business getting busier and busier. "It became apparent that I needed a clinic space to help funnel some of these patients into, creating a cheaper option as well as keep the mobile service open for those patients who were unable to get to the clinic," she says. On September 1, 2022, she and Barrett opened their full-time clinic in downtown Sandpoint.

The clinic consisted of a cozy 500 square-foot communal room and began to develop into a very functional medicine clinic as different services were added on. This rapid growth created the need for a much larger space. "We were blessed with the opportunity to purchase a clinic in downtown Sandpoint from the DeLand family," Melinda says. "We started renovations and officially moved into our new wellness center in June of 2023. We continued the communal room feel into our new clinic space, although we do offer private rooms as well."

As their space expanded, Melinda's passion for natural healing did as well. She realized that Sandpoint needed a full healing wellness center with medical-grade equipment to truly help patients with the science of functional medicine. Today, 7B-IV Trinity Wellness Center, the name in honor of daughter Trinity, offers not only IVs but full-spectrum healing redlight saunas, a Halotherapy salt chamber for respiratory

care, medical-grade redlight therapy bed, bio-identical hormone therapy, as well as a full blood draw/lab service.

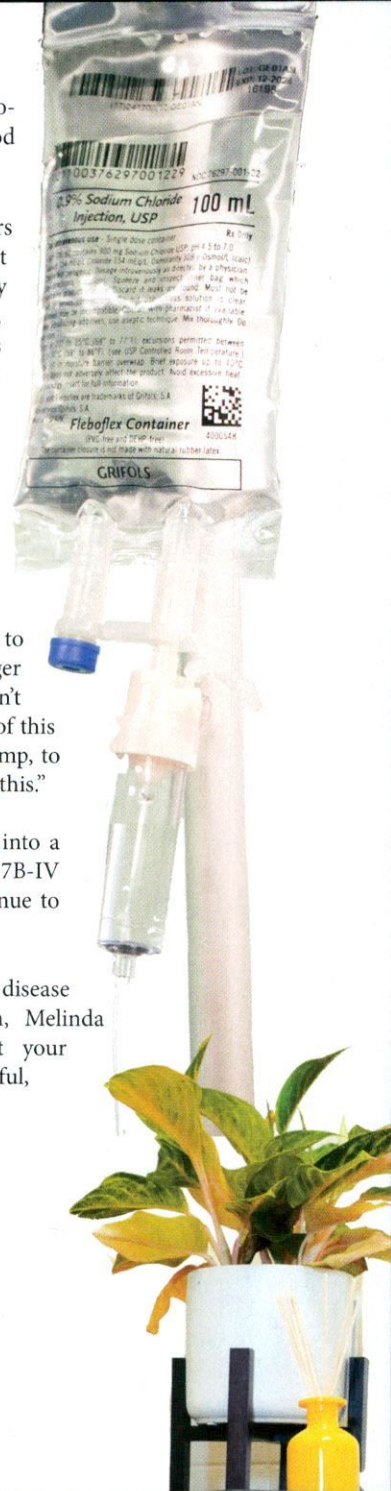
"Our clinic is also giving access to medical doctors of naturopathic/functional medicine, breast cancer surgeon/specialist, mental health therapy specializing in trauma, medical massage therapy, as well as a legal nursing specialist," Melinda says proudly. "We have lots of desires and dreams that we would like to add, all of which provide the Sandpoint area with the treatments that will truly help patients return back to optimum health using the functional medicine approach."

Melinda firmly believes that it was ultimately the Lord who allowed 7B-IV to thrive and grow to what it is today, as well as the support of her husband. "Although it may not make sense to some, I have felt very guided by something bigger than myself to do this. If it wasn't right, it wouldn't be happening," she shares. "The other huge part of this is my husband, Barrett. He encouraged me to jump, to have faith, when I was very doubtful about doing this."

7B-IV Trinity Wellness Center has transitioned into a membership program, offering discounts on all 7B-IV therapies for members; non-members will continue to be welcomed.

For those looking to find the root cause of their disease and return back to function/optimum health, Melinda welcomes you to call her today—and start your healing journey in a loving, transparent, respectful, welcoming environment.

7B-IV Trinity Wellness Center
420 N. Second Ave.
Sandpoint, ID
208.217.1877
info@7b-iv.com
7B-IV.com



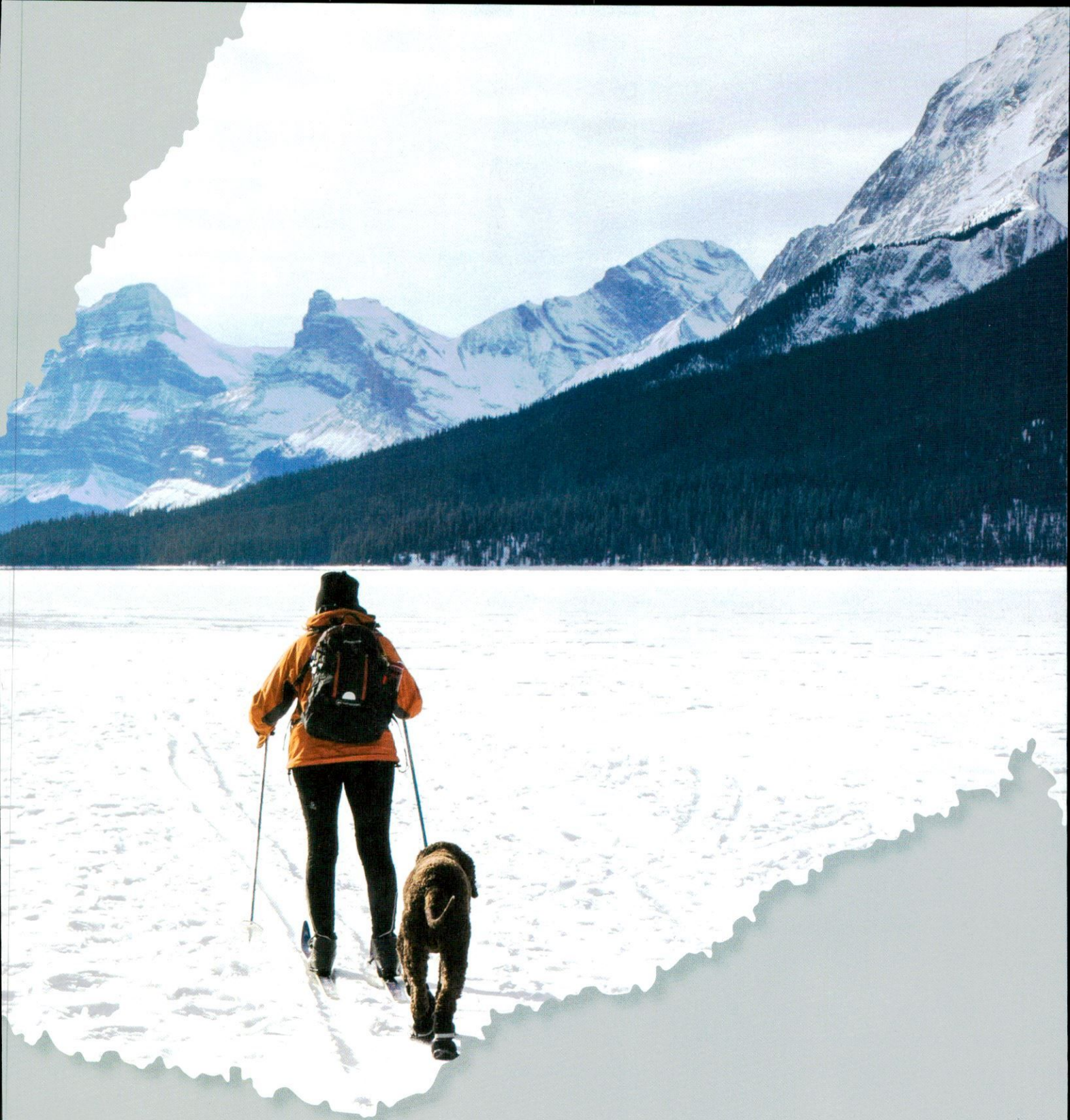
THE LORD
HAS DONE
GREAT THINGS
FOR US
AND WE ARE
FILLED WITH

Joy

PSALM 126:3

WINTER WELLNESS





Staying fit and healthy during the cold months

by DREW JOHNSON

As the winter season blankets the Inland Northwest in cold and snow, it can be tempting to hibernate indoors and let your fitness and health goals slip through the cracks. However, staying fit and healthy during the cold months is not only possible but also crucial for your overall well-being.

The first step to staying active and healthy in the cold is to dress appropriately. Invest in quality winter workout gear that keeps you warm and dry. Layering is key, as it allows you to regulate your body temperature as you exercise. A moisture-wicking base layer, an insulating middle layer, and a windproof and waterproof outer layer are essential for staying comfortable during outdoor workouts. Don't forget warm gloves, a hat and insulated footwear to protect your extremities from the cold.

Winter offers unique opportunities for outdoor activities you can't enjoy in other seasons. Embrace the season by trying activities like ice skating, cross-country skiing, snowshoeing, or even building a snowman with your family. These activities are not only fun but also effective at keeping you active and engaged. Plus, they can be an exciting change of pace from your regular exercise routine.

If you prefer the comfort of your own home, you can still stay active with home workouts. There are countless workout routines available online, from yoga and Pilates to high-intensity interval training (HIIT) and bodyweight exercises. All you need is a small space, a yoga mat, and possibly some basic equipment like resistance bands or dumbbells to get a full-body workout.

If you're a fan of swimming but don't want to brave the cold, consider joining an indoor swimming pool. Swimming is an excellent full-body workout that's easy on the joints. It can help you stay in shape and keep your cardiovascular system strong throughout the winter months.

Consider incorporating mind-body practices like yoga and meditation into your winter wellness routine. These practices not only improve flexibility and balance but also help reduce stress and anxiety, which can be more prevalent during the colder months. You can follow along with guided sessions online or attend classes at local studios.

Pampering yourself during the winter can also contribute to your overall well-being. Visit a spa with a sauna or hot tub to relax your muscles and warm up on chilly days. The heat from these amenities can help soothe aching muscles, improve circulation and provide a sense of relaxation.

This time of year, it's easy to forget the importance of staying hydrated. However, your body still needs water, even when you're not sweating profusely. Drinking enough water helps

Embrace the season by trying
new activities!





NORTHWEST
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Our Services:

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- Psychological Pain Management
- Physical Therapy *
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NWSPM.COM 509.464.6208



Winter offers unique opportunities for outdoor activities you can't enjoy in other seasons.

maintain your energy levels, supports your immune system and aids in digestion. Sip warm liquids like herbal teas, water with lemon, or broth, if you find it challenging to consume cold beverages during the winter months.

Winter is flu season, and staying healthy means supporting your immune system. Incorporate immune-boosting foods into your diet, such as citrus fruits, berries, garlic, ginger and leafy greens. These foods are rich in vitamins, antioxidants and anti-inflammatory compounds that can help you ward off illness. A well-balanced diet is essential for maintaining your health and fitness year-round.

Remember that consistency is the key to staying fit and healthy during the cold months. Even when the weather is less than ideal, maintaining a regular fitness routine will help you build resilience and stay on track

with your health and wellness goals. And make sure you set realistic goals. It's okay to adjust your workout intensity and duration to accommodate the weather and your energy levels. The focus should be on consistency and maintenance, rather than pushing yourself to achieve personal bests. Remember that staying active is an achievement in itself.

Winter should not be a time to put your health and fitness on hold. By taking the right steps to stay active, maintaining a healthy diet and prioritizing your well-being, you can embrace the chill and enjoy the winter season while staying fit and healthy. With the numerous options available to help you keep your body and mind in top shape during the colder months, remember that staying active and healthy throughout the winter is not only beneficial for your physical well-being but also for your mental and emotional health.



The Inland Northwest's Most Trusted Provider

Put your loved one's care in the hands
of AAging Better In-Home Care

by JILLIAN CHANDLER

Owners Brandt and Melissa Weaver are dedicated to doing the right thing, no matter the cost. At AAging Better In-Home Care, the Weavers focus on the clients and caregivers—rather than profit.

"We would much rather see individuals happy, healthy and comfortable instead of lonely and ailing in a facility where statistics have shown a rapid decline in their health and mental status," states Brandt. "We watched the decline of my grandmother in a facility and saw the level of care she was not receiving and knew we needed to make a difference within our community."

Brandt's parents, Bruce and Charlene, founded AAging Better In-Home Care in 2001, with a focus on providing better care for the elderly, allowing them to live a longer, better quality of life at home. Prior to purchasing the business in 2020 from his parents, Brandt was the man behind the scenes working in the finance department and building the IT infrastructure of AAging Better. He joined the company more than two decades ago, and according to his wife Melissa, "His personal drive for this business is to ensure the aging population has the care needed and that professional care aides have a voice in today's field. Doing the right thing is number one on his priority list, next to his family and his dogs."

As for Melissa, who co-owns the business with Brandt, she has been a certified pharmacy technician since 2007 and has a background in management. Upon completion of her Respiratory Therapy degree in December of 2023, the two of them plan to expand the services offered by AAging

Better to include respiratory services. This is a much-needed area of service for the aging population, and they plan to be the forerunners.

"Her personal drive focuses on end-of-life care including oncology and hospice, and ensuring people maintain their dignity while receiving the best care possible during the hardest time of their life," shares Brandt. "In addition, Melissa has a passion for family, photography, travel, plants and animals."

At AAging Better, it is their mission to offer personal care services to their clients, in their own homes, which allows folks the opportunity to age in place in their space of personal comfort. These services include bathing and dressing assistance, meal prep, ambulatory services, housekeeping, medication reminders and transportation—as well as companionship.

"We focus on the clients and caregivers. We are also the only agency that answers our phones 24/7 with one of our office staff members—we do not source after-hours or weekend calls to an answering service or a call center," Brandt affirms.

When it comes to what the couple finds most rewarding about the work they do, Brandt says, "Knowing we are there to help the most vulnerable population."

If you are searching for the Inland Northwest's most trusted providers to care for someone you love, look no further than AAging Better In-Home Care. They're ready to answer the call.



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Stretching across North Idaho and Spokane, a wealth of locally owned dining establishments await, accompanied by familiar national chains. Both locals and visitors are treated to a delectable spectrum, ranging from the comfort of homegrown flavors to international tastes that could transport you halfway around the globe.

In this culinary landscape, menus reflect the Northwest's cultural roots, championing local farmers and purveyors. You can savor American classics, Southern comfort, Cajun spice and French finesse, or traverse Italian, Mediterranean, Indian, Chinese and Japanese cuisines. The options are as abundant as they are diverse.

Whether you opt to dine in, take out or order to-go, be prepared for delectable dishes, crafted with passion, and served by seasoned staff. In a time where worker shortages are still impacting many beloved restaurants, it's essential to extend patience and gratitude to those laboring tirelessly to ensure each diner enjoys a memorable culinary journey.

Pair your meal with a glass of local wine, cold brew, cider or craft cocktail, as the region boasts an array of wineries, breweries, distilleries and cider houses. Chefs skillfully incorporate these libations into their menus, offering a harmonious fusion of flavors.

Whether your craving leads you to a laid-back, cozy eatery or an opulent fine-dining establishment, your perfect dining destination awaits. Embrace the opportunity to relish the creativity and flavors that define the Inland Northwest. From one-of-a-kind culinary experiences to cherished favorites, our region is a culinary paradise waiting to be discovered.

FEAST YOUR EYES ON THIS



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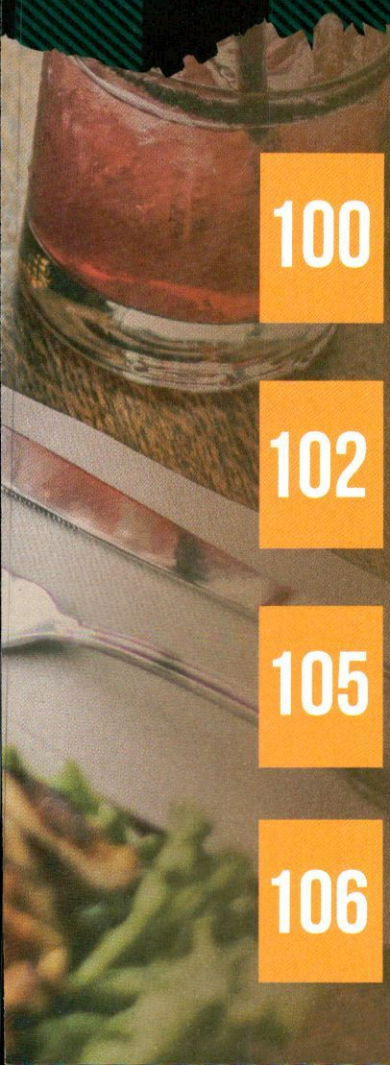




NORTH IDAHO

Eats & Drinks

Dining in North Idaho is a culinary adventure that complements the region's natural beauty. This area, known for its pristine lakes and lush forests, offers a diverse array of dining experiences. From charming lakeside bistros to locally sourced farm-to-table gems, North Idaho's food scene promises a delightful fusion of nature and flavor.



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THE CULINARY STONE

'Everyone is welcome at our table!'

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Moon Time/The Porch Public House + The Elk Public House/Two Seven/El Que

Map out your next restaurant adventure

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219 Lounge

A place to meet friends, relax and share good times

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Syringa + Bluebird

Culinary passion flourishes at midtown favorites

'EVERYONE IS WELCOME AT OUR TABLE!'

The Culinary Stone celebrates 10 years of providing an array of culinary experiences



From the moment you walk in the door, The Culinary Stone in Coeur d'Alene entices one's culinary senses; it's an experience unlike any other you'll find in the Inland Northwest. What began in 2013 as a store for specialty kitchen supplies has evolved to encompass a variety of shared experiences—cooking classes, wine tastings, events and more—in its 7,500-square-foot space.

The visionary behind The Culinary Stone is founder Sandy Volkar, who believes that food is a celebration to be shared with family and friends. "The idea for a specialty kitchen store started with Sandy's passion for cooking and everything that goes along with it," shares Susan Odell, store operations and purchasing manager. "Riverstone was still growing its roots in the Coeur d'Alene community, and she saw the potential growth for the area, to provide an inviting place where neighbors could walk to our store for their kitchen needs or bring their guests for a delicious bite to eat. We've continued to grow with Riverstone over the years, offering new products and experiences for residents and visitors from all over the area to feel at home."

From cooking classes taught by professional chefs, a wine club with unique tasting events, custom gift baskets for local businesses and customers, to over 3,000 square feet of shopping with gourmet foods, small appliances, kitchen supplies, tableware, gifts and home goods, "It's a breathtaking space when you walk through the front doors, and we've worked hard to fill it carefully with beautiful products and exciting events," smiles James Culp, merchandising manager.

They introduced their new Marketplace in August 2023. Featuring their already delicious menu of artisanal coffee, specialty sandwiches, refreshing salads and now a wider variety of local pastries for customers to enjoy, the renovated space has allowed for expanded seating for more morning coffee meetings, lunch dates and large parties. The redesign has also granted them the opportunity to grow their wine selection and partner with The Wine Maven to develop a more robust wine program. The Culinary Stone's Wines of the World Wine Club is the only program in the area that provides a Pairing Selection: a monthly release with one wine and one food item that is hand-selected to enjoy together.

From the culinary beginner to the skilled chef, they see a wide array of customers looking to build their collection of kitchen tools or restock their favorite supplies—including entertainers preparing for their next holiday party or that person on the hunt for the perfect home décor gift—The Culinary Stone offers a variety of products to suit the home and kitchen needs of the people in the community.

"We're dedicated to maintaining an inviting space that can be filled with conversation and laughter. You can come for many reasons, but what you'll remember is the family feeling that you get when you are here," Sandy affirms. "Everyone is welcome at our table!"

Come 2024, they are collaborating with their chefs to introduce more specialty cooking classes, where customers will be more hands on when learning new, delightful recipes from across the globe, as well as expanding their wine program. "We are also excited about our growing wine program and the opportunities ahead for pairing our wines and gourmet foods, as well as developing educational wine events," The Wine Maven, Sharon Irvine, notes. Susan adds, "As we are always listening to our customers and what they need in their homes, we will continue to rotate new products throughout the year."

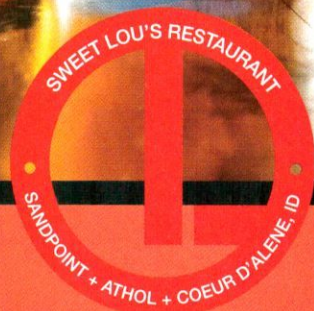
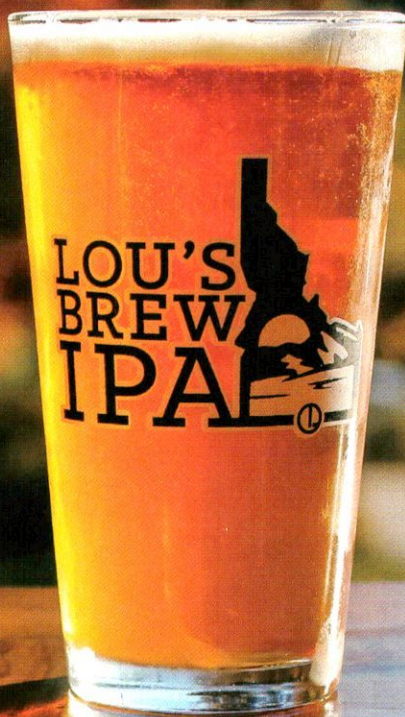
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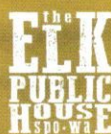
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A PLACE TO MEET FRIENDS, RELAX AND SHARE GOOD TIMES

219 Lounge continues to be Sandpoint's historic hometown bar

by JILLIAN CHANDLER

Owning and operating the 219 makes us feel like we are part of the community; 'caretakers,' if you will, for our customers and employees," shares Mel Dick, owner of the 219 Lounge, which has been in business continuously since 1937. "We are honored to be part of the Sandpoint business community."

Young or old, anyone who enters "the Niner," as it's often referred to, will be greeted by the attentive, courteous, friendly and experienced staff, where the bartenders pride themselves on being the best. In addition to making a fantastic cocktail, they make it a point to get to know each of their customers and strive to take care of them. "Each bartender is so unique in their own personality and the gifts they bring to the bar," says Mark Terry, general manager. "Solo, or multiple bartenders on a busy weekend, the crew we have put together is just the absolute best."

No matter who's making your drink, every cocktail is consistent from every bartender, guaranteed. "The secret to making great cocktails is using an exact recipe, good spirits, fresh squeezed juices and house-made simple syrups, and bartenders who take pride in making great cocktails," according to Mel.

The beer selection is rotated weekly/bi-weekly, depending on the season, and focuses on beers from all over the West (and East whenever possible) and showcases regional staples while focusing on small-batch beers. Then there's the whiskey (from high-end American bourbons to single-malt scotches and everything in between), featuring a top-shelf American whiskey that rotates every time they empty a bottle—this could be anything from a Store Pick Weller variant to a 10-Year Mitcher's, even the occasional Pappy Van Winkle. When it comes to the staples, there's everything from Crown Royal, Maker's Mark, Wild

Turkey and Jack Daniels to Buffalo Trace, Four Roses Small Batch and one of Mark's favorites—Rittenhouse Rye.

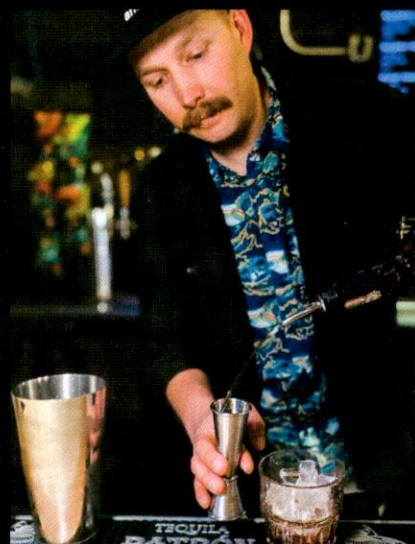
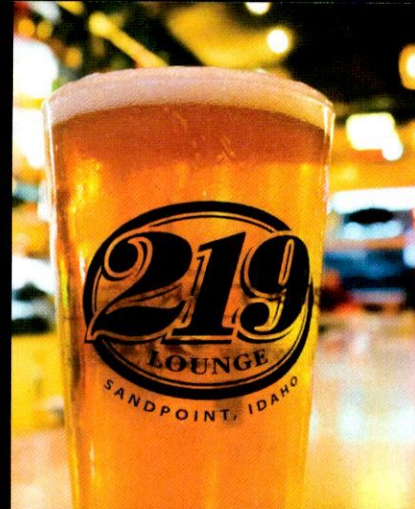
Year-round, live music fills the space on weekends. This past summer they had the opportunity to bring in some fresh faces and will continue that trend into 2024. "From the Jason Perry Band (absolute funk party) to Hill Folk Noir (Americana Junkerdash music) to classics like The Miah Kohal Band, we do our best to keep the must-haves on the calendar and sprinkle newness into rotation as well," affirms Mark.

"We may not have a huge venue, but we provide outstanding local and regional acts a place to perform while never charging a cover." There is also a pool table and foosball for guests' enjoyment, and during the summer months, you'll want to take advantage of the patio and outdoor bar.

219 prides itself on being more than just an individual business. "It's about creating a 'sense' of community, being stewards of our community and helping others," Mel says. And these words were put into action earlier this year when a local family lost their home to a devastating house fire. When Mark heard the news, he knew that he wanted to help. "I knew I could only do so much," he recalls. "The support from the staff kicking in money to local businesses donating to the community. This is an amazing town."

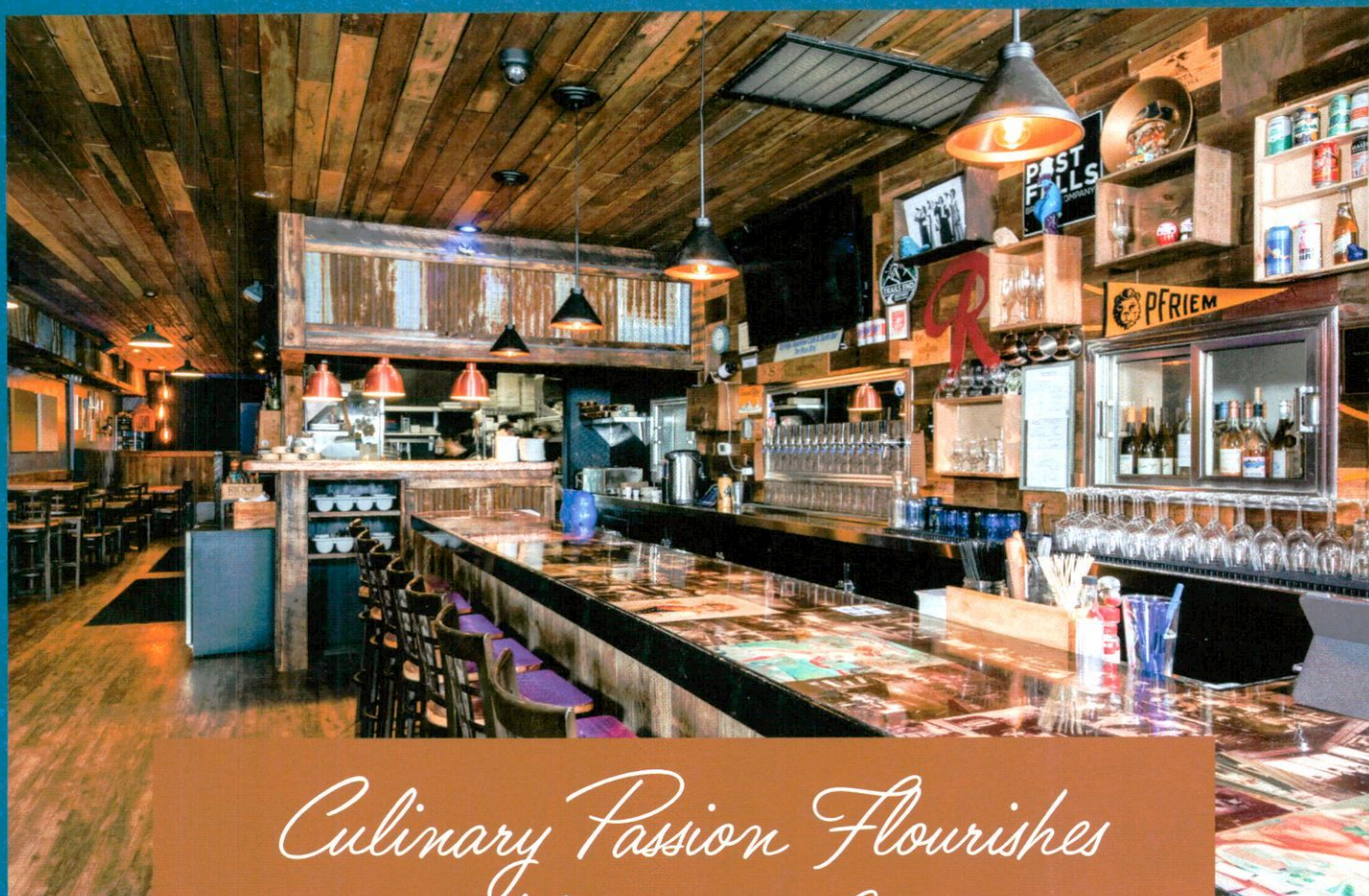
Since December 2022, the 219 has helped raise over \$30,000 for various community nonprofit organizations.

If you're looking for that one place to meet friends, relax and share good times, and enjoy a great cocktail and live music, the 219 is just that place. It's all about community.



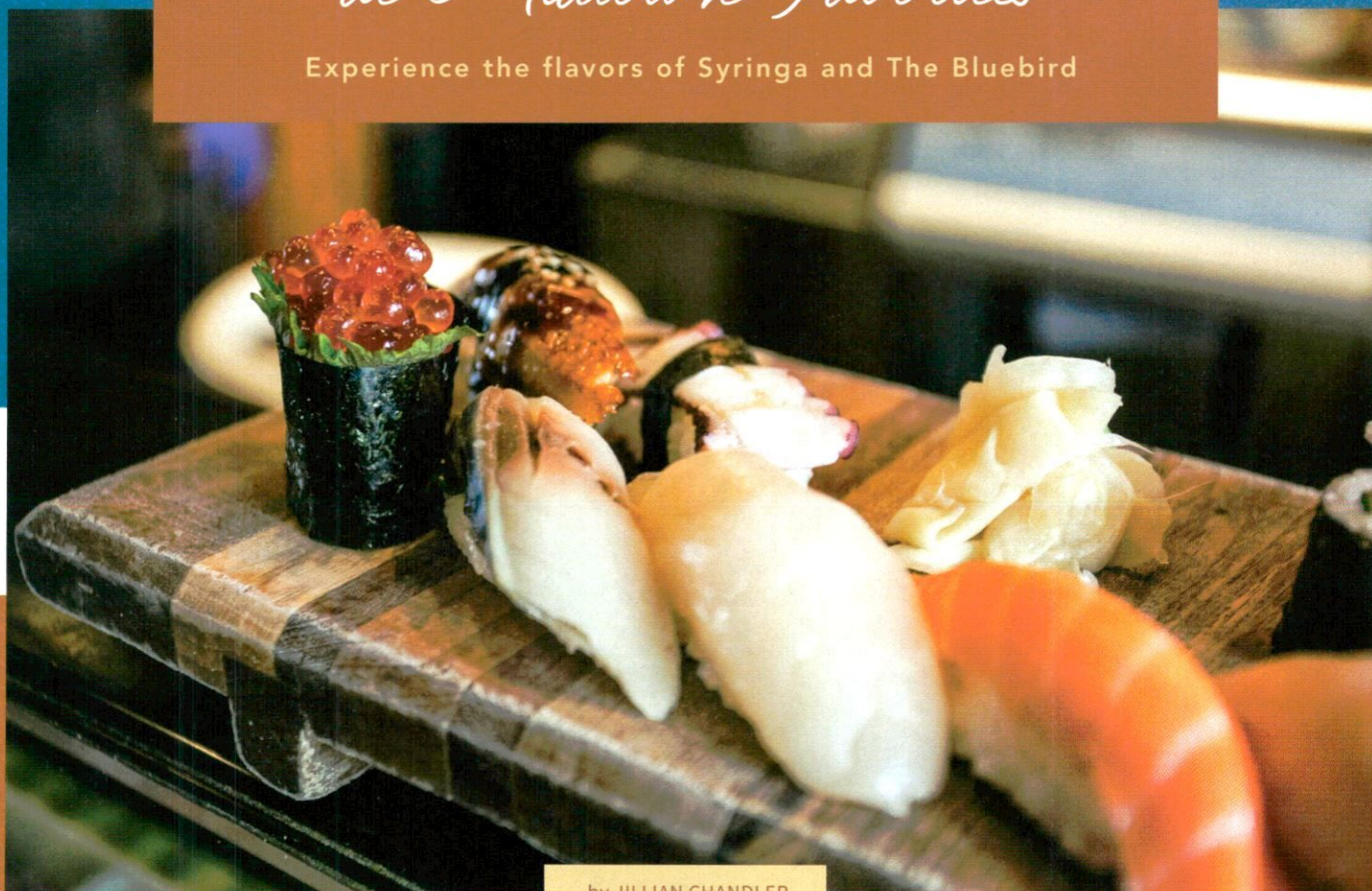
219 N. First Ave., Sandpoint, ID | 208.263.5673 | 219.bar





Culinary Passion Flourishes at Midtown Favorites

Experience the flavors of Syringa and The Bluebird



by JILLIAN CHANDLER

It was 2006 when husband and wife Viljo and Autumn Basso introduced Syringa Japanese Café + Sushi Bar to the Coeur d'Alene community. Housed in its small, intimate space in midtown, it quickly gained a loyal following and earned an outstanding reputation for its authentic Japanese cuisine, including sushi, ramen, and other traditional dishes. Using only fresh high-quality ingredients and wonderful flavors in each dish they prepare, paired with a flair for originality and excellence, guests can taste the difference. In 2019, Syringa relocated to a much larger restaurant space, allowing Autumn and Viljo to accommodate more guests while still providing exceptional food and unmatched customer service.

The Bassos were eager for a new endeavor, wanting “to create and do something different,” and The Bluebird - A Midtown Eatery opened its doors in 2016. Here customers are treated to this casual yet upscale neighborhood bistro-style restaurant with its cozy rustic interior; the menu inspired by the couple's years of culinary travels and adventures. Seasonal as much as possible, the menu items change frequently with specials offered weekly. From the King Salmon (with mushroom risotto, grilled asparagus, and miso butter) and Fried Chicken (breast, thigh, leg, wing with three flavors/seasonings to choose from, served with biscuit and seasonal salad) to the Seafood Gumbo (andouille sausage, shrimp, clams, halibut, scallop and rice) and Steak and Shrimp (12-ounce New York steak, shrimp, spinach, béarnaise sauce, served with fries), the menu is diverse, with something for every palate.

Pair your meal with a glass of wine from their outstanding wine list, offering incredible selections from all over the world, or something from their great selection of beer, ciders and sours. Those interested in signing up for The Bluebird's Wine Club, which Autumn takes pride in overseeing and managing, be sure to ask your server how you can join.

In spring of 2023, the Bassos purchased the building that houses The Bluebird and remodeled the space, updating and elevating the interior, and expanding the kitchen. Currently open Tuesday through Saturday for happy hour and dinner, Autumn shares that they are working to incorporate lunch again, with limited hours to start.

When it comes to what makes both Syringa and The Bluebird North Idaho dining destinations not to pass up, Viljo says, “At



both restaurants, we've had the ability to create a friendly, local neighborhood vibe. The food is unique, the customers are unique, and the employees are unique.”

He and Autumn could not be prouder of what they've built, and accomplished, since first opening the door to Syringa all those years ago, and they continue to be humbled by the community's support and recognition of their passion.

“We live and work in such an amazing area,” shares Autumn. “Being in business this long, we've seen families grow up, and we have created so many friendships with our customers. The continued support we receive is humbling. And none of this would be possible without our employees. We are blessed to have an incredible core crew.”

To explore their menus, and find their current hours, be sure to visit their restaurant websites. And don't forget to follow them on Facebook and Instagram.

Whether you take a seat at Syringa Japanese Café + Sushi Bar or The Bluebird - A Midtown Eatery, Viljo, Autumn and their staff are ready to show you North Idaho hospitality at its best, served up with excellent food and an unforgettable dining experience.

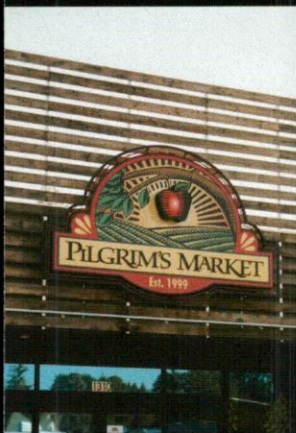
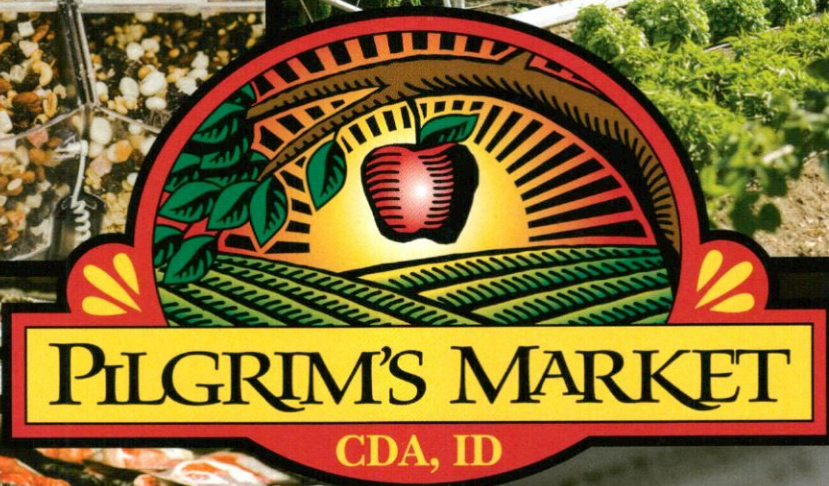


THE BLUEBIRD - A MIDTOWN EATERY
816 N. Fourth St., Coeur d'Alene, ID
208.665.3777 | MidtownBluebird.com



SYRINGA JAPANESE CAFÉ + SUSHI BAR
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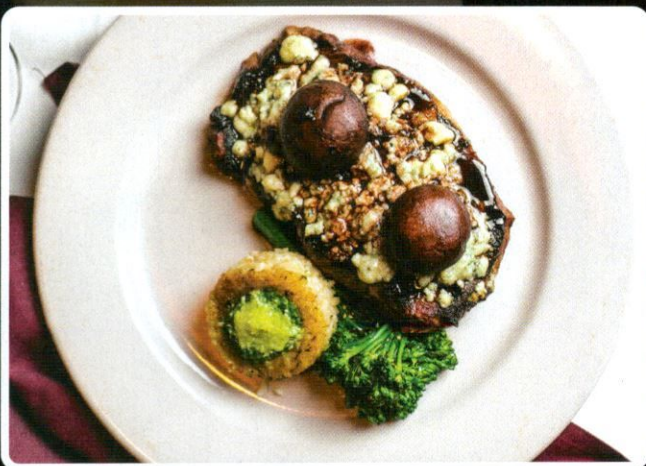
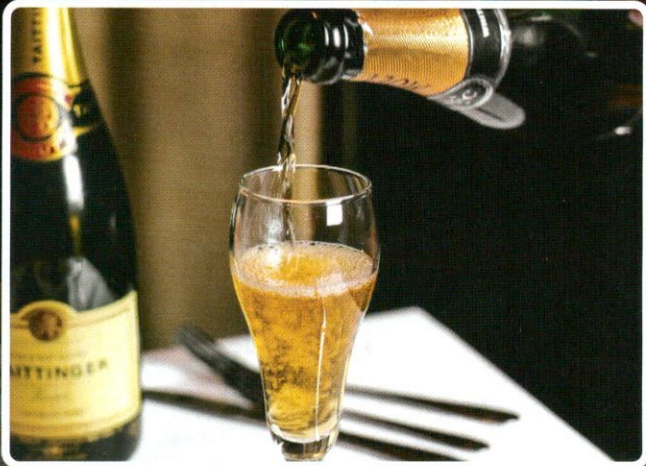
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SPokane

Eats & Drinks

Dining in Spokane, Washington, is an exquisite journey for the senses. This vibrant city, nestled in the heart of the Inland Northwest, offers a diverse culinary landscape that caters to every palate. From farm-fresh ingredients to international flavors, Spokane's dining scene is a delightful exploration of taste and culture.

113

Versalia Pizza

Dishing up creative pizzas, soups, salads and more ... and catering too!

114

The Elk Public House / Two Seven / El Que
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Five restaurants, same unparalleled dining experience

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HAND-CRAFTED Versalia PIZZA



COZY UP with Versalia Pizza

DISHING UP CREATIVE PIZZAS, SOUPS,
SALADS AND MORE ... AND CATERING TOO!

by JILLIAN CHANDLER

From what began as a mobile pizza oven to now two successful brick-and-mortar restaurants, Laura and Seth Carey couldn't be prouder of Versalia Pizza and are truly grateful for those who continue to show their unwavering support of their vision.

On the menu, of course, are their flavorful thin-crust pizzas (with vegetarian and gluten-free options available). Guests can also choose from a selection of creative salads, appetizers and desserts, beer and wine, as well as a variety of seasonal cocktails (available at their Kendall Yards location).

Laura and Seth credit Chris Ambrose, or "lead pizza creator" as he prefers to be called, for the creativity. "Chris thinks about the tastes and flavors he's had in the past in other dishes and asks if he can recreate that into a pizza," affirms Laura. "He really tries to make the specials 'special' with a unique approach or ingredient. His fine-dining experience has really helped with ideas and thought processes."

To get an idea of the creativity in the kitchen, seasonal menu offerings include The Pumpkin King with pumpkin puree, braised pork, Anaheim peppers, herbs and hot honey on their three-cheese blend. And during football season, there's the Jalapeño Popper Pie with garlic cream cheese, mozzarella, Beecher's cheddar, bacon and jalapeños, and finished with honey and crispy panko.

Nothing beats the cold like a bowl of homemade soup. Whether you choose to pair it with your favorite pizza

or as a stand-alone (sure to satisfy your hunger while warming your soul), Versalia's menu offers several during this season, including their fan favorite—the Tomato Basil Soup. While they won't give out the recipe, the blend of tomatoes, cream and herbs, served with their focaccia, is one that people look forward to being back on the menu each fall.

Be sure to grab a window seat at their Kendall Yards location, where diners can take in views showcasing the Spokane River Valley along with the city skyline and Monroe and Maple Street bridges. "It really is one of the best views in the city!" Laura smiles. The Liberty Lake location is situated in the River District next to Orchard Park, just a short walk from the Centennial Trail with views of the surrounding hills. Come the warmer spring months, both locations offer outdoor dining.

When it comes to what the Careys are most proud of when it comes to their restaurants, it is the challenges they have navigated through throughout their nearly 15 years in business. "No one expected us to make it with our mobile woodfired oven past the first summer," Laura reflects. "We made it through heat exhaustion, thunderstorms, wind, wildfire smoke, COVID—and now have two thriving restaurants to go with our mobile ovens."

Do you have a special event planned between April and October 2024? Versalia's catering services include delivery of their wood-fired pizza flavors to your party, which they will serve buffet-style, along with additional salads and appetizers if desired. Whether you're serving 30 people or 250 people, sit back and relax while their catering team makes your event one to remember.

Laura, Seth and their Versalia team invite you to dine with them and enjoy the fruits of their labor.

VersaliaPizza.com

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20760 E. Indiana Ave., Liberty Lake, WA | 509.290.5277

~Globally Inspired~

UPSCALE PUB FOOD

Five restaurants, same unparalleled dining experience

by JILLIAN CHANDLER

John Grollmus and Brad Fosseen have made a name for themselves, and their restaurants, here in the Inland Northwest. As the owners of not one, not two ... but five restaurants spread across North Idaho and Spokane, the longtime friends and business partners are proud of the upscale pub-inspired restaurants they've created for their local communities to enjoy.

From first opening their doors to Moon Time in Coeur d'Alene in 1996, their goal, from the very beginning, has been to exceed the expectations of each and every guest who walks through the door. "They may walk in expecting to find typical pub grub, but we hope they walk out blown away by having enjoyed a more elevated and inspired meal," John shares.

Their original menu, of which some items are still around, was inspired mainly by Brad and John's experience throughout the years cooking in other restaurants. "We tried to bring the best parts of many world cuisines with which we had experience into one cohesive unit," John reflects. "These days we seek inspiration mainly from our travels and do a lot of menu testing in our own home kitchens. Of course, we also try to incorporate the input of our kitchen manager/chefs from each location."

They went on to open The Elk Public House in Spokane's South Hill in 1999, followed by El Que in 2001, The Porch Public House in Hayden Lake in 2003, and Two Seven Public House in Spokane in 2008.

Fresh ingredients, creativity and consistency are at the forefront of their menus. John and Brad take pride knowing that they build everything from scratch with attention to detail during every step of the process. "By making our own stocks, sauces, soups and dressings, along with pretty much everything else, and buying whole foods, which we prep ourselves, we are able to offer the freshest, most delicious, consistent food available," John shares. "We believe that our dedication to the cause is reflected in the great flavors and consistency of our food."

They prep their own lettuce and other greens for salads rather than buy pre-processed versions. Burger patties are hand formed, and in some cases they even grind their meats. Chicken breasts are trimmed, cleaned and tenderized for every salad and sandwich.

They roast and slice their own meats and buy blocks of cheese and shred and/or slice it themselves.

"Every sauce for every dish, every spread for every sandwich, every dip for every quesadilla, and pretty much anything you can think of, we make in house," affirms John. "This hard work and dedication to detail was picked up on clearly by Food Network star Guy Fieri while he was filming for Triple D at The Elk when, after watching the whole process for making our smoked onion dip, which starts by smoking the onions, he said in a bit of disbelief, 'And all this is just for the dip?' Yes, yes it is, my friend, and that's why our food is so darn special."

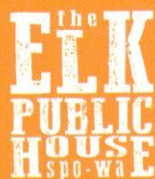
So what's on the menu? Probably their most famous, and widely loved, menu item is the Corn Pasta. "A somewhat humble pasta salad which is simply a side item has garnered such a cult following that I almost never make it through a day without someone telling me how much they love it," smiles John. Another very popular item available at all locations is their 74th Street Gumbo. "Originally created by our Godfather restaurant, the 74th St. Ale House in the Greenwood Neighborhood of Seattle, the process of making the gumbo takes pretty much an entire day, but the results are why people continue to seek it out after 27 years on the menu," John attests. Some other favorites found on many of the menus, if not all, are the Santa Fe Chicken Sandwich, Caesar Salad, Grilled Lamb Sandwich and, of course, their made famous on the Food Network Reuben—which many agree is the best in the area.

Offering a full bar at each location, they offer craft cocktails to accompany your meal—"without the show and 10-minute wait," John laughs. Well liquors are always a cut above, so a guest can order anything from the most basic to the most elaborate cocktail and know they will get a quality beverage. Their beer and wine lists are constantly rotating and carefully curated to take the guesswork out of it for the guest. As John says, "Whether you are seeking a dry hopped IPA, a glass of rosé, a crisp pilsner or a glass of cabernet, you can be assured that whatever we are offering is delicious and offered at a fair price."

Moon Time, The Elk, El Que, The Porch and Two Seven ... no matter where you choose to dine, you can trust it's the right choice. Cheers!



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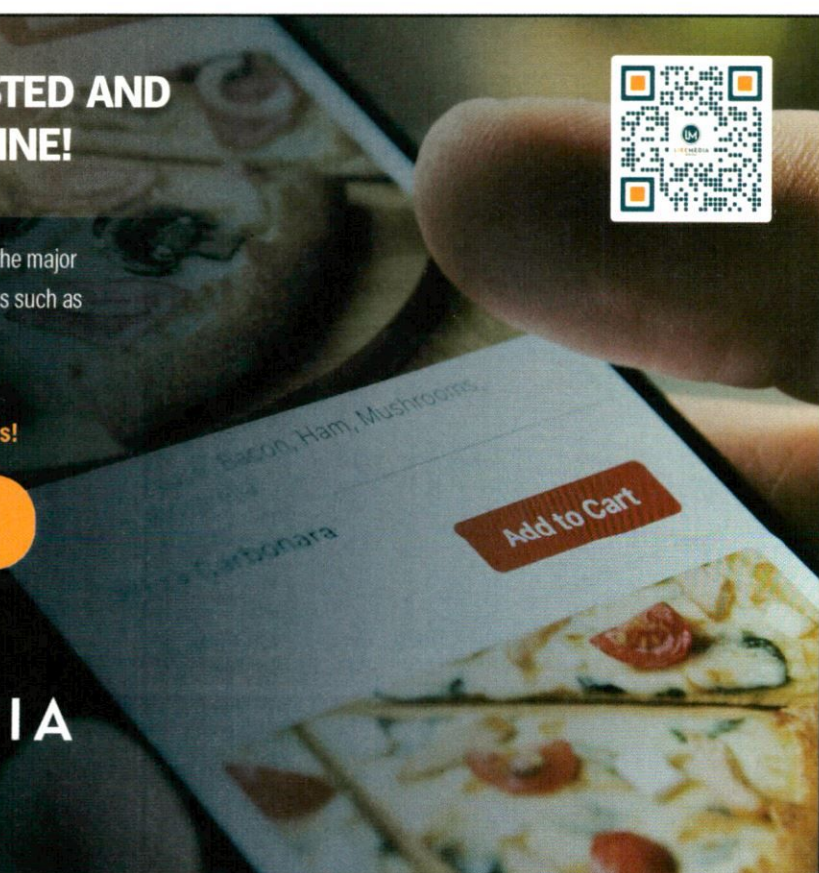
Like Media will push out your business information to all of the major search engines and get your menu posted to major platforms such as Zomato, Postmates, Delivery.com and more!

See what local package is the right fit for your business!

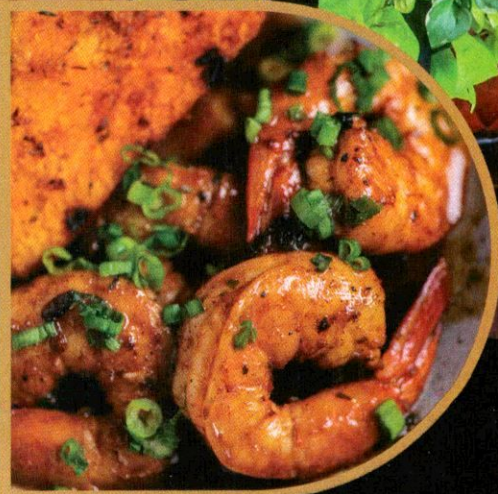
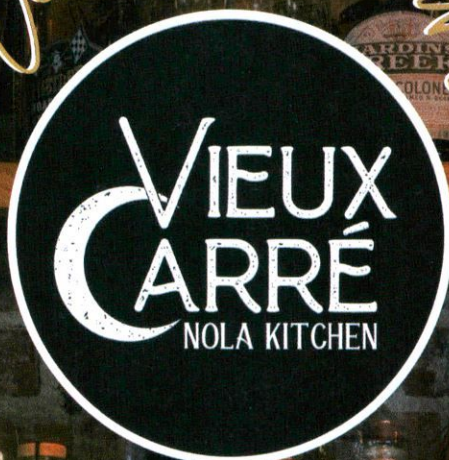
Like-Media.com/like-media-digital



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Spokane, WA 99201

Celebrate the Every Day at ...

MAX at Mirabeau PARK HOTEL



Serving the community for nearly two decades, both locals and visitors alike continue to make the award-winning MAX at Mirabeau, located in Spokane Valley, their favorite restaurant destination. Catering to diners of all ages with its extraordinary breakfast, lunch, dinner, dessert and weekend brunch, guests continue to be delighted by the eclectic bistro-style cuisine.

Open daily (6am to 10pm Sunday through Thursday and 6am to 11pm Friday and Saturday), the 225-seat restaurant has a menu replete with thoughtfully planned items that are scratch made using the freshest ingredients, utilizing produce and products from local purveyors, growers, bakers, winemakers and brewers whenever possible. From the hand-carved USDA prime beef MAX is known for, to the made-from-scratch in-house sauces, appetizers, entrées and desserts, a meal prepared and served by the MAX team always impresses.

In addition to the incredible food, MAX at Mirabeau offers daily specials and hosts weekly and monthly events!

Every day, customers will be treated to not one but two happy hours, 3 to 6pm and 9pm to close in the lounge—and on the patio during the warmer months. Enjoy \$2 off pints of the MAX Pale Ale, made by

Spokane Valley's own TT's Old Iron Brewery, during Tap Beer Tuesday. Next is Wine Wednesday, where select bottles of wine are half off, in addition to individual glass specials. Ladies looking to treat yourself to a fun evening out to unwind, MAX is the place to be each Thursday for Ladies Night. This traditional weekly event offers \$7 Cosmopolitans, Lemon Drops and Mojitos all day long. To kick off each weekend, Martini/Manhattan Friday offers patrons \$2 off all signature Martinis and Manhattans from 3pm to close. Come the weekend, MAX dishes out an unforgettable brunch, featuring an additional, expanded menu with their signature Bloody Mary Bar and Mimosa specials. Brunch is offered 9am to 2pm both Saturday and Sunday, with weekly breakfast specials to choose from as well.

First Wednesday is a monthly event held in support of local artists and wineries in the community, displaying works from a local artist, along with wine from a featured winery. In addition to the fine art and wine, these gatherings, held every month from 5 to 7pm, include complimentary hors d'oeuvres and glass pour specials on wine and discounted menu items during the event.

Throughout the year, the team at MAX knows how to celebrate the holidays right by offering their incredible Thanksgiving and Christmas

by JILLIAN CHANDLER



Buffets and Easter and Mother's Day Brunch. For your own special occasion or event, MAX (located inside Mirabeau Park Hotel & Convention Center) boasts 20,000 square feet of meeting and banquet event space, including private rooms for large parties. And don't forget ample free parking!

The beautiful outdoor patio reopens each spring, welcoming diners with a peaceful ambiance to enjoy their meal through the summer and fall months. The space, which comfortably seats 55 guests, is surrounded by flowers, and each table has an umbrella to ensure guests a pleasant visit during the warm and sunny months.

Whether it is the food, service, atmosphere or special events, MAX at Mirabeau continues to stand as a symbol of excellence. It's time to celebrate the every day ... at MAX.

MAX
at mirabeau
RESTAURANT • LOUNGE

1100 N. Sullivan Rd., Spokane Valley, WA
509.922.6252 | MAXatMirabeau.com


Mirabeau Park
HOTEL & CONVENTION CENTER

1100 N. Sullivan Rd., Spokane Valley, WA
509.924.9000 | MirabeauParkHotel.com



YOUR GUIDE TO THE BEST IN SPIRITS,
WINES AND BREWS HERE IN THE
Inland Northwest

by JILLIAN CHANDLER



The Inland Northwest boasts a flourishing and diverse craft beverage scene that has been making waves in the world of libations and offers an abundance of locally produced wines, spirits and beers.

Wine enthusiasts will find themselves enchanted by the region's wineries, which have rapidly gained recognition for their distinctive terroir. The dry climate, fertile soil, and meticulous craftsmanship have given rise to a wide array of varietals, including robust reds and crisp whites, with some wineries even experimenting with unique grape varieties.

For those with a penchant for spirits, the Inland Northwest's distilleries have stepped into the limelight, producing top-shelf whiskey, vodka, gin, and more. Many of these distilleries take pride in their farm-to-flask approach, using locally sourced grains and botanicals to craft award-winning spirits.

Beer aficionados won't be disappointed either, as the region is home to an ever-expanding roster of craft breweries. These microbreweries range from traditional to avant-garde, offering a rich tapestry of ales, lagers and stouts that cater to every palate.

Whether it's a glass of wine, a cocktail or a pint of beer, the Inland Northwest's wineries, distilleries and breweries have something to satisfy every discerning drinker. It's time to explore some of these wonderful, locally owned winemakers, distillers and brewers.

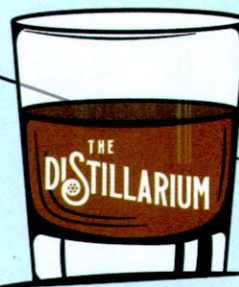


Latah Creek Wine Cellars

13030 E. Indiana Ave.
Spokane, WA
509.926.0164
LatahCreek.com

The Distillarium

2305 Industry Lane
Yakima, WA
509.424.3386
TheDistillarium.com



Dry Fly Distilling

1021 W. Riverside Ave.
Spokane, WA
509.489.2112
DryFlyDistilling.com



No-Li Brewhouse

1003 E. Trent Ave. #170
Spokane, WA
509.242.2739
NoLiBrewhouse.com/brewhouse

No-Li Bier Hall

1003 E. Trent Ave. #200
Spokane, WA
509.242.2739
NoLiBrewhouse.com/bierhall

Up North Distillery opened its doors to the Post Falls community in 2015. Here owners Randy and Hilary Mann focus on producing high-quality, small-batch craft spirits using locally sourced ingredients. From their Honey Spirits and Apple Brandy to Big Kid Cider and North Idaho Single Malt Whiskey, Up North has been acknowledged and honored with dozens of accolades over the years. Stop by to enjoy a cocktail, flight of spirits, and buy a bottle to share with friends and family. They even offer tours where you can learn more about the distillation process.

Over in Hayden, step into **The Bee's Knees Whiskey Bar**, which is also owned by the Manns. This craft cocktail bar features an extensive collection of whiskey, craft cocktails, beer and wine, and prides itself on exclusively using fresh ingredients and scratch-made syrups, creating a unique one-of-a-kind craft cocktail experience for each guest they serve. In addition to spirits from Up North Distillery in Post Falls, you will find more than 300 bottles adorning their shelves, some of which are rare and highly collectible. Enjoy a flight of whiskey to find your new favorite.

Family owned and fully independent, **No-Li** was born in Spokane, where it continues to build a craft brewing epicenter. Specializing in making great beer in the artisan, hands-on tradition, they also produce a variety of hard seltzers and canned cocktails for their customers' enjoyment. The Bryant family is committed to where they're from and what they do and want to share it with the world. Visit their brew pub along the Spokane River, and pair your fresh beer or hard seltzer with their scratch-made gastropub fare. Then there's the Bier Hall for those 18 and older to enjoy pints and eats.

As Washington state's first distillery, **Dry Fly Distilling** has made a name for itself for its award-winning spirits and canned craft cocktails. With great attention to every detail, from the raw ingredients to the cuts made along the way in the distillation process, to the barrel aging, "Everything is done with painstaking care to ensure the highest quality,"

shares co-owner Terry Nichols. While its staples of whiskeys, gins and vodkas have been at the forefront, the distillery's canned cocktail line has exploded in popularity over the past few years. Be sure to visit them at their expansive location on West Riverside Avenue in Spokane, which includes their restaurant, 11am to 9pm Monday through Saturday and 11am to 7pm Sunday.

Latah Creek Wine Cellars has established itself as a destination winery year-round for both locals and visitors to the Inland Northwest. Established in 1982 by Mike and Ellena Conway, Latah Creek Wine Cellars, Washington state's 35th winery (there are now more than 1,000 across the state), has been pouring excellence into each glass with their affordable, award-winning wines. Joined by their daughter Natalie Barnes, they are continuing that mission four decades later. Sip wines while visiting with friends and neighbors in the stunning tasting room and gift shop, Ellena's vision—the perfect gathering place to relax and taste; a space where people can mingle and make friends among fellow wine tasters, while feeling at home. Nearly 20 wines are available for tasting by the glass or bottle, or enjoy a wine flight featuring six tastes of your choice. They invite you to visit them anytime between 9am and 5pm daily.

A small, creative winery focusing on the fine art of wine since 2002, **Coeur d'Alene Cellars** produces 3,000 cases each year of ultra-premium wines made with finesse, nuance, balance and character. Live music, Wine Club events, winemaking and tasting experiences define their existence, so join Kimber Gates, owner, and the Coeur d'Alene Cellars family, to get your hands on their "liquid art" before it sells out. Wines can be tasted individually or in flights, and pair them with one of their cheese boards or charcuterie plates. All wines are available by the glass or bottle to enjoy at the winery, or by the bottle or case to take home. They invite you to sip with them noon to 5pm Tuesday through Thursday, noon to 7pm Friday and Saturday. For groups of six or more, they ask that you call to make a reservation at least 24 hours in advance.

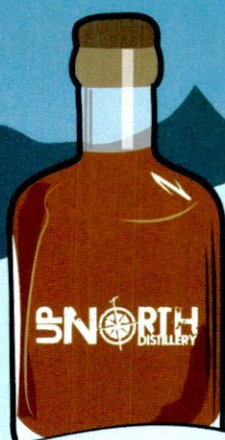


Over in Sandpoint, Idaho, is where you will find **Matchwood Brewing**. Known as "Sandpoint's neighborhood brewery," Matchwood aims to foster positive community change through the power of dialogue and laughter—one delicious handcrafted beer at a time. Not only can you enjoy craft beer but Matchwood's great food, events and live music! Pair your brew with something off their Eatery menu, like the Korean BBQ Pork Tacos, Cajun Salmon Sandwich, Horacha Crispy Chicken Salad, and much more! Stop in 11:30am to 9pm Monday through Thursday, 11:30am to 9pm Friday and Saturday, and 11:30am to 10pm Sunday.

A roughly two-hour drive away in Yakima, Washington, is where you will find **The Distillarium**, where customers will be treated to craft spirits prepared and served right here in the great Pacific

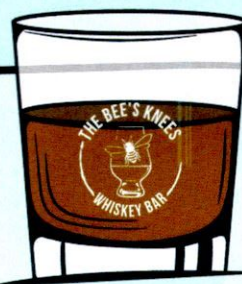
Northwest. Not only do they source the finest raw materials and the most exquisite oak casks, they were founded on the principles of patience. When creating their batches of barrel-aged spirits, they look "not to what is, but the premium quality and perfected craft of what once was." From Whiskey, Whiskey, Brandy and Bourbon to Moonshine and Vodka, owners Ken and Isabel Miller, and master distiller Austin Hallford, have spent years developing "painstaking" barrel processes utilizing multiple barrel profiles to perfect their aged spirits and treat their 700-barrel facility with the same thought and care given to a 50-barrel rackhouse. Their tasting room is open 4 to 9pm Tuesday through Thursday, and noon to 10pm Friday and Saturday.

Let's raise a glass to all of the incredible tasting experiences to be had right here in the Inland Northwest.



Up North Distillery

846. N. Boulder Ct.
Post Falls, ID
208.773.4445
UpNorthDistillery.com



The Bee's Knees Whiskey Bar

324 W. Lancaster Rd., Ste. E
Hayden, ID
208.758.0558
BeesKneesWhiskeyBar.com



Coeur d'Alene Cellars

3890 N. Schreiber Way
Coeur d'Alene, ID
208.664.2336
CdACellars.com



Matchwood Brewing

513 Oak St.
Sandpoint, ID
208.718.2739
MatchwoodBrewing.com



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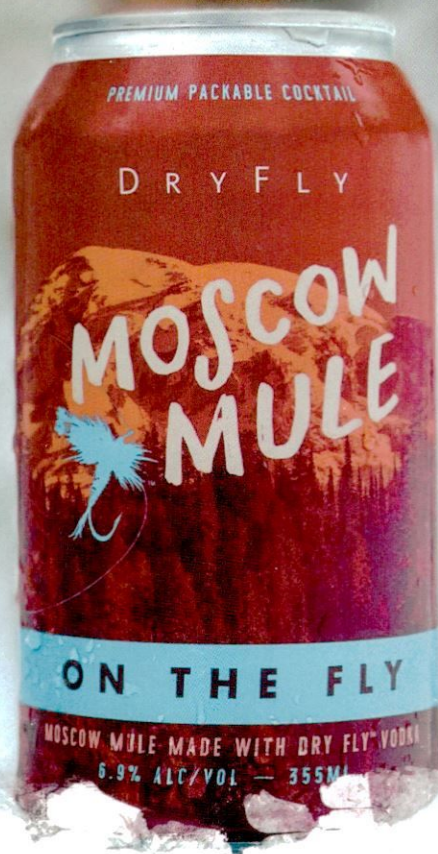
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Gateway to Hells Canyon

WWW.VISITLCVALLEY.COM

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AWARD-WINNING

SPIRITS

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CUISINE

It's time to explore Dry Fly Distilling

by JILLIAN CHANDLER



Dry Fly Distilling, which is known for its award-winning spirits and canned craft cocktails, is now making a name for itself in more ways than one.

In September of 2021, as a result of outgrowing its production space due to its introduction of canned cocktails and growth of their spirits line, they moved their production facility to Riverside Avenue in downtown Spokane. In addition to the production space, the building also houses a restaurant, event space and offices—all in one highly visible location.

“The overall effect is impressive as you sit in the restaurant looking into the production space at all the copper and steel,” says Terry Nichols, co-owner of Dry Fly Distilling. “We had considered other options, like moving production to an industrial space and keeping a tasting room near downtown, but having everything together provides an unparalleled experience.”

Terry describes the vibe of the restaurant as that of a “prohibition era bar.” The restaurant can seat 62 at tables and an additional 12 at the bar.

On the menu, guests will be treated to an amazing assortment of appetizers, flatbread pizzas, burgers, salads, sandwiches, and entrées like the Gin Steamed Clams, adding that the fresh sheet always has something new and interesting. When it comes to the drinks, the full bar serves a wide variety of handcrafted cocktails, beer and wine. “The Old Fashioned is very popular, as is the Huckleberry Lemon Drop and Herbin Legend,” notes Terry.

When asked what inspired the addition of a restaurant, Terry reflects, “We wanted to give our guests the opportunity to enjoy a great meal while tasting our spirits or enjoying a cocktail. We primarily use locally sourced ingredients, and Chef Avont Grant creates the magic.”

Chef Avont joined Dry Fly in February of 2022, “enriching our kitchen with his deep culinary knowledge and experience,” Terry shares. “Avont’s creative flair shines through in his diverse menus, reflecting his hometown influences from Chicago. From the moment he joined us, he has consistently crafted fresh and innovative dishes, showcasing his exceptional talent and passion for the culinary arts.”

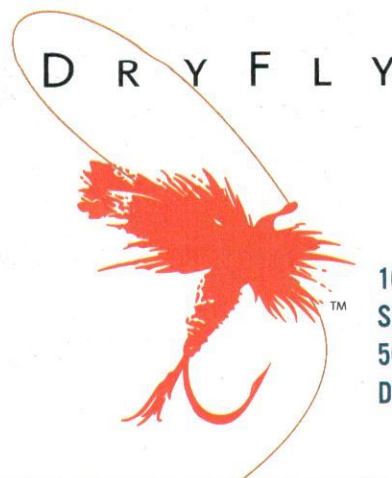
Also on-site is their event space, perfect to reserve for your holiday season party or any special occasion event. The facility can support parties up to 50 with a great menu and full bar with cocktails, beer and wine.

Always crafting new, innovative flavors, Dry Fly recently rolled out a few new bottled cocktails onto the market: the Huckleberry Lemon Drop, Earl Grey Old Fashioned and Bloody Mary (in a 1.75L bottle at 13.5 percent alcohol for the Idaho market). Terry shares that they also produced the Lemon Drop and Old Fashioned in 375ml bottles for the Washington market at 20 percent alcohol. You can find these bottled cocktails at local retailers like Yoke’s, Rosauers and Super One.

As Terry reflects back over the years, and the work the team at Dry Fly has accomplished, he says, “I think the most rewarding thing has been watching the business grow with the support of our great employees and customers. It has allowed us to give back to the community on many occasions.”

Terry attributes the success Dry Fly has continued to experience to their dedicated team of passionate individuals, their commitment to quality craftsmanship, and the unwavering support of their loyal customers. “Our success is a reflection of the hard work and passion that goes into every bottle we produce, as well as the trust and appreciation of those who enjoy our spirits,” he smiles.

Terry encourages you to stop by, sample some incredible food and spirits, and take a tour (sign up for tours on their website). Also make sure to visit the bottle shop, which offers spirits, apparel and other great gift ideas for any occasion. They are open 11am to 9pm Monday through Saturday and 11am to 7pm Sunday.



1021 W. Riverside Ave.
Spokane, WA
509.489.2112
DryFlyDistilling.com



Q&A

with Natalie Barnes, Winemaker

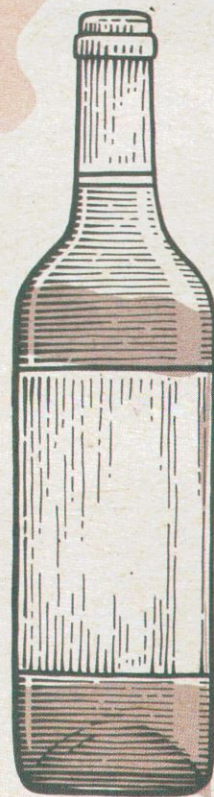
Latah Creek Wine Cellars

by JILLIAN CHANDLER

Natalie Barnes has been in the wine business her entire life. She remembers climbing over cases in the warehouse and to the very top with her lunch and Barbies in tow. She would play all day amongst those cases. As time went on, she would help her parents, Mike and Ellena Conway, on the bottling line and during events. It wasn't until college that Natalie's passion for making wine would manifest. Today, you will find Natalie spending her days at the family business, alongside her father, creating wines for all to enjoy.

Q. When did you know that you wanted to follow along in your father's footsteps?

A. It wasn't until college that I really started to make wine. At that time, I knew how the winemaking process worked, but I didn't really know how to make wine. Right before our 2004 harvest, I told him I wanted to be a winemaker. For that 2004 vintage, he took the time to show me how different yeasts interact with the juice, what filtering actually does, and all the ins-and-outs of making wine. I have now been making wine for 19 years!



Q. What inspired you to join the family business that your parents created?

A. I went to college with the aspirations of being a physical therapist, but I changed the summer before my senior year. I figured that if I didn't like winemaking, I could always go to graduate school the following year. But I immediately fell in love with the art of making wine and never looked back. It wasn't until I spent a few years working with my parents that I realized all of the sacrifices they had made since they started Latah Creek in 1982. My eyes were opened to the full picture of Latah Creek, their philosophy, their love for wine and food, their commitment to the community. Not once have I regretted changing my mind.

Q. What do you believe makes the story, and history, of Latah Creek Wine Cellars so special?

A. When my dad started in Washington state as the winemaker for another winery, it was the 18th winery in the state. Latah Creek was the 35th! Now there are over 1,000 wineries! There are many family wineries in Washington, but what I think makes ours so unique is that it really is just us. We do have tasting room staff, of course, but my dad and I are the only ones who do any of the winemaking. Many other wineries have assistants or cellar hands, but not us. We are a rarity, being truly family owned, operated, and the winemakers.

Q. When people hear Latah Creek Wine Cellars, what thoughts do you hope come to mind?

A. Delicious wines. Affordable prices. Great, friendly staff. So much fun! We love it!

Q. What do you enjoy most being able to work alongside your father and make wine?

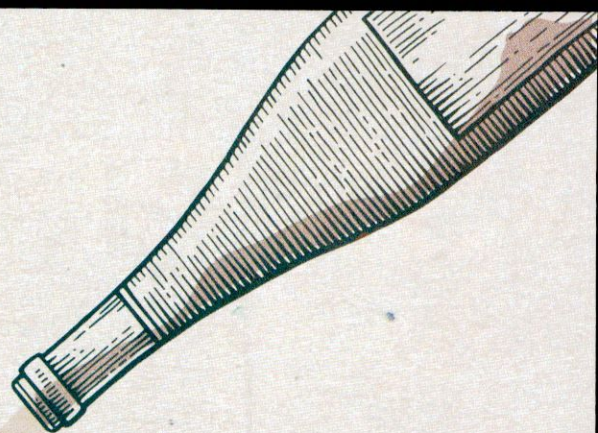
A. At first, it was like being a teenager again when they tell you what you can and can't do. Then it got to a point where I was thinking, "I can do this all myself. Go enjoy retirement, Dad." But for the past 10 years, the dynamic switched. We really do work so well together that often we know each other's movements without talking to one another. Now, I can't imagine doing this job without him. And even though he is 75, I wouldn't want him anywhere else other than by my side amongst the tanks.

Q. What is most fulfilling to you about the work you do?

A. The most fulfilling thing about this job is seeing someone try a wine and loving it. It warms my heart, puts a smile on my face and fills me with joy. Knowing that someone is somewhere enjoying one of the wines I made is amazing, wonderful and absolutely an honor.

Q. After more than four decades of winemaking, how do you see the future of the winery?

A. Forty years of making wine has taught us many things, but the biggest is that you can weather almost any storm; just stay true to who you are and you'll survive. As my parents move out of the business (not happening yet!), there will be some subtle changes, but one thing that will remain is the commitment to producing award-winning wines that are affordable. You'll probably see some new varietals popping up over the next five to 10 years, and maybe a third generation as my kids graduate college (fingers crossed!).



Latah Creek

13030 E. INDIANA AVE., SPOKANE VALLEY, WA
509.926.0164 | LATAHCREEK.COM



SHOPPING IN THE INLAND NORTHWEST

STRENGTHENING COMMUNITIES ...
ONE PURCHASE AT A TIME



Shopping is a beloved pastime for many individuals, particularly when they chance upon hidden stores or specialty products they never knew existed. There is always a reason, if not an occasion, to treat yourself or someone special to a thoughtful surprise.

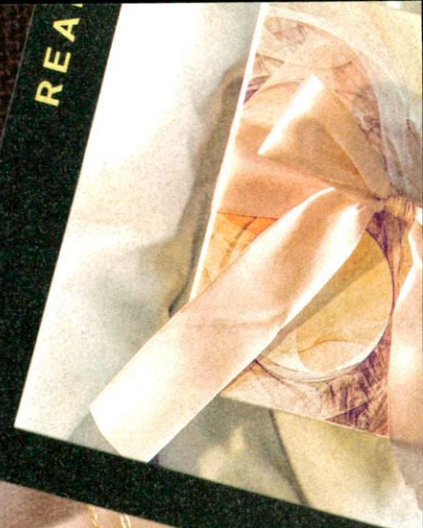
While online shopping with large corporations has made our lives more convenient, covering everything from clothing and beauty products to household essentials, holiday gifts, and more, it is crucial to support our local businesses by patronizing them in person. Visiting these establishments, interacting with the owners, and physically examining the merchandise enhances the overall shopping experience.

In the Inland Northwest, there are numerous locally owned businesses, some of which create most, if not all, of the products they offer, whether in-store, online, or both.

Although this is just a glimpse of the diverse range of options available, here are some Inland Northwest businesses that offer distinctive and one-of-a-kind items, with the added benefit of being locally owned.

REAL

REAL NORTHWEST LIVING - SHOP LOCAL

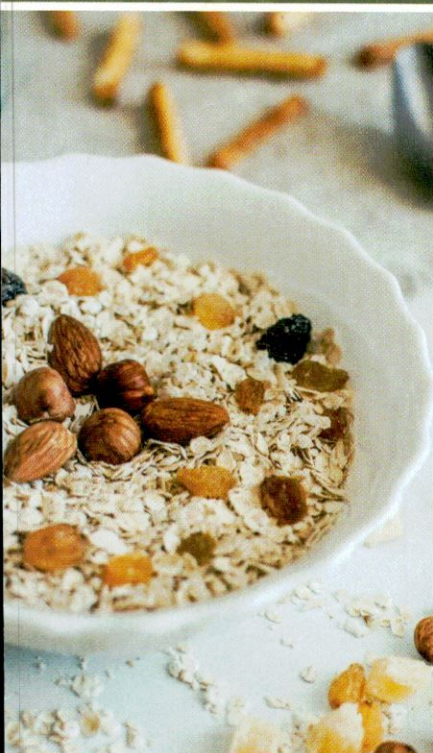


LOCAL

AS A LOCAL AND FAMILY OPERATED ONLINE BUSINESS,

it is important for us to give our customers variety and quality in our products. That is why we work with several farms to bring you foods and ingredients you may not find at your local store.

THE BEST QUALITY PRODUCTS



YOUR GO-TO ONLINE BULK FOODS STORE

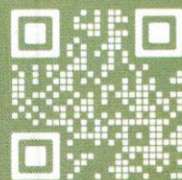


SHOP OUR SELECTION

Scan the QR code or visit our website to view our store!

PURCELLMOUNTAINFARMS.COM

208.267.0627 | INFO@PURCELLMOUNTAINFARMS.COM





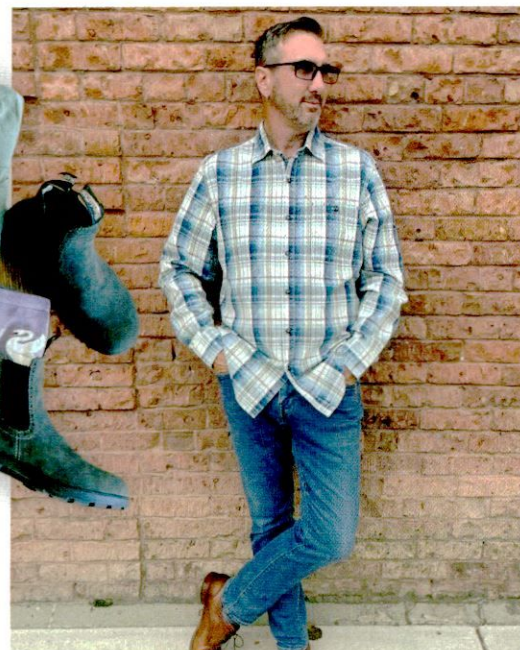
Offering a twirling array of fashion, accessories, home décor, antiques and more, each item is handpicked to ensure the utmost quality and artisanship in support of local and international artists. Providing a wide variety of beautiful women's clothing, jewelry and accessories, delightful children's toys, unique antique furniture, and inspiring and well-crafted homewares and gift items, look no further than Carousels Emporium.

carouselsandpoint
Sandpoint, ID



Finan McDonald Clothing Company opened its doors in downtown Sandpoint in 1987. Specializing in natural fiber clothing with an outdoorsy look and feel, Finan McDonald has been a favorite for both locals and tourists for nearly 30 years. Customers will find men's, women's and children's apparel, footwear, travel gear and accessories!

FinanMcDonald.com
Sandpoint, ID



RIVER PARK SQUARE

Boasting 420,000 square feet comprised of 55 businesses, River Park Square features everything from Nordstrom, movies and home fashion to casual and full-service dining and entertainment. When it comes to the shopping, they've curated a collection of stores to enhance your experience in downtown Spokane. Shop indoors or venture outside and enjoy local and national brands alike—all at River Park Square!

RiverParkSquare.com
Spokane, WA



COEUR D'ALENE
CLOTHING COMPANY

Coeur d'Alene Clothing Company is more than a souvenir shop. They are passionate about the city of Coeur d'Alene and state of Idaho—and the connection to home. You will see this in all of their original merchandise. They've recently expanded with a new store, The Annex, featuring children's clothing and their unique line of adventure clothing.

CdAldaho.com
Coeur d'Alene, ID

**SOMETHING FOR
EVERYBODY**



BLACK SHEEP
SPORTING GOODS

Since 1975, Black Sheep Sporting Goods has served as the Inland Northwest's premier source for quality sporting goods at the lowest possible price! Carrying a full line of quality outdoor products related to hunting, fishing, shooting sports, camping, marine, outdoor clothing and footwear, you'll find everything you need in their nearly 92,000-square-foot space in the Silver Lake Mall.

BlackSheepSportingGoods.com
Coeur d'Alene, ID



echo

boutique+annex

Looking to find the best brands while saving? Echo Boutique + Annex in Spokane is the answer. With a mission to provide consignors with a quality environment and customers an elevated shopping experience, this is the place to shop a variety of high-quality pieces in like-new condition. Helping consignors and customers curate wardrobes they love, without hurting their wallet.

EchoConsignment.com
Spokane, WA



FOOD

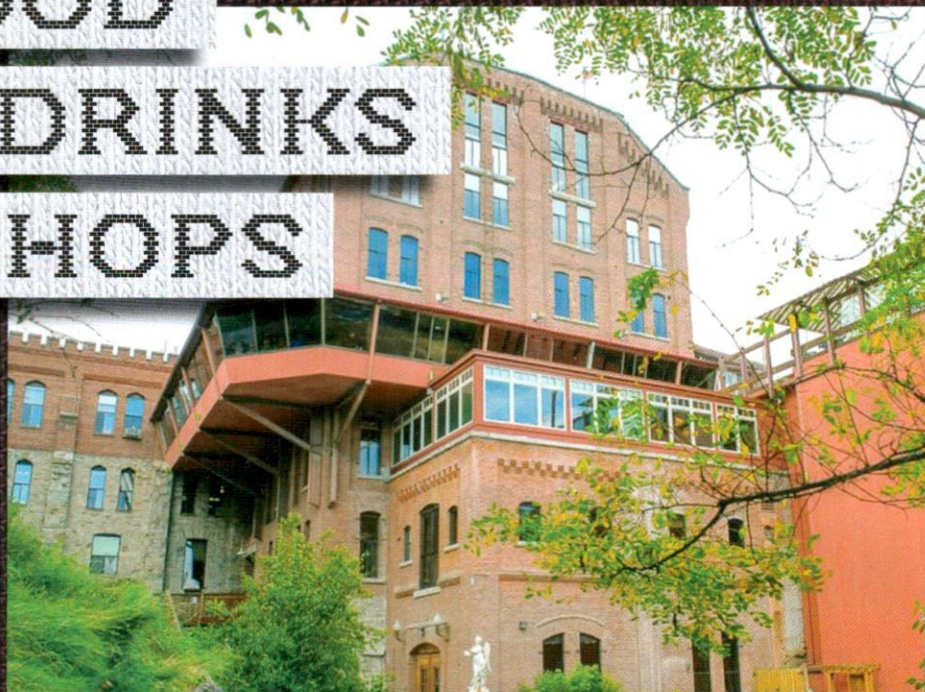
DRINKS

SHOPS



Located on the northern shore of the Spokane River, the Flour Mill stands as an historic landmark hosting a variety of local businesses waiting to be discovered. Offering shopping, dining, and a breathtaking vista of the city and the Spokane River, the Flour Mill remains a cherished fixture of our historic downtown area.

621 W. Mallon Ave.
Spokane, WA





GRACE & JOY

Clothing Company

At Grace & Joy, their Grace & Joy Collection is handcrafted in small quantities by their talented tailors. Located in the heart of downtown Sandpoint and Coeur d'Alene, they aim to provide treasures that are timeless, a little bit trendy, and everything chic.

ShopGraceAndJoy.com
Sandpoint, ID • Coeur d'Alene, ID



PANHANDLE
Red

Since 2008, Krista Panerio and husband Justin Moody have set out to provide the North Idaho community with the best when it comes to Panhandle Red. Here, quality comes first, with their products meant to stand the test of time. They specialize in custom leather goods, everything from luxury handbags, duffle bags and totes, to purses, clutches, belts, wallets, holsters and more! They also offer one-of-a-kind silver jewelry, turquoise jewelry, Western and cowgirl designs, as well as modern jewelry.

PanhandleRed.com
Post Falls, ID



For 32 years, Corey Obenauer has been building with passion and quality, creating exciting new pieces, from all types of premium wood, to appease the appetite of live wood edge lovers everywhere, and to enhance his customers' homes. They are proud to feature many extremely talented local artists, including carvers, turners, painters, metal artists, and more, with their works displayed in their store. There's always a fresh and exciting new inventory of exquisite décor, as well as functional art.

@burlwooddreams
Sandpoint, ID

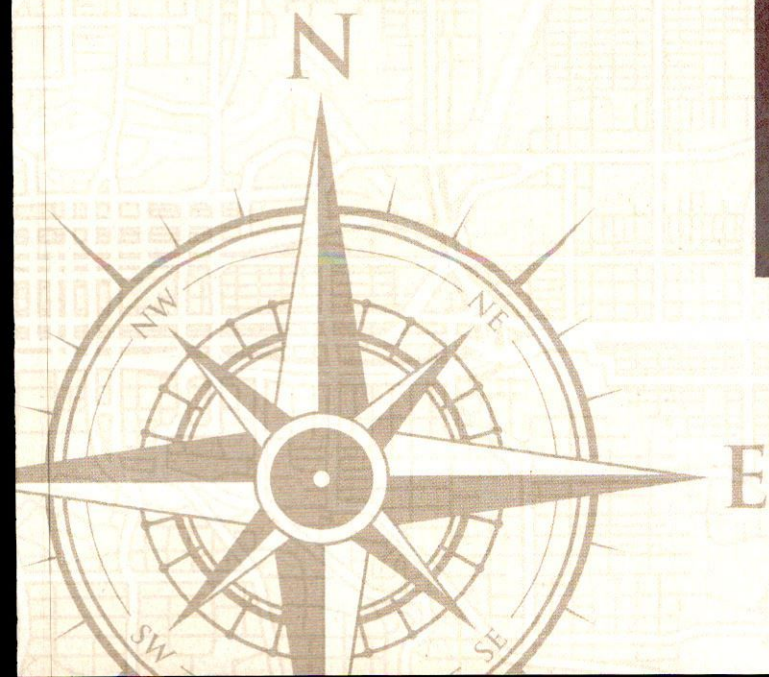
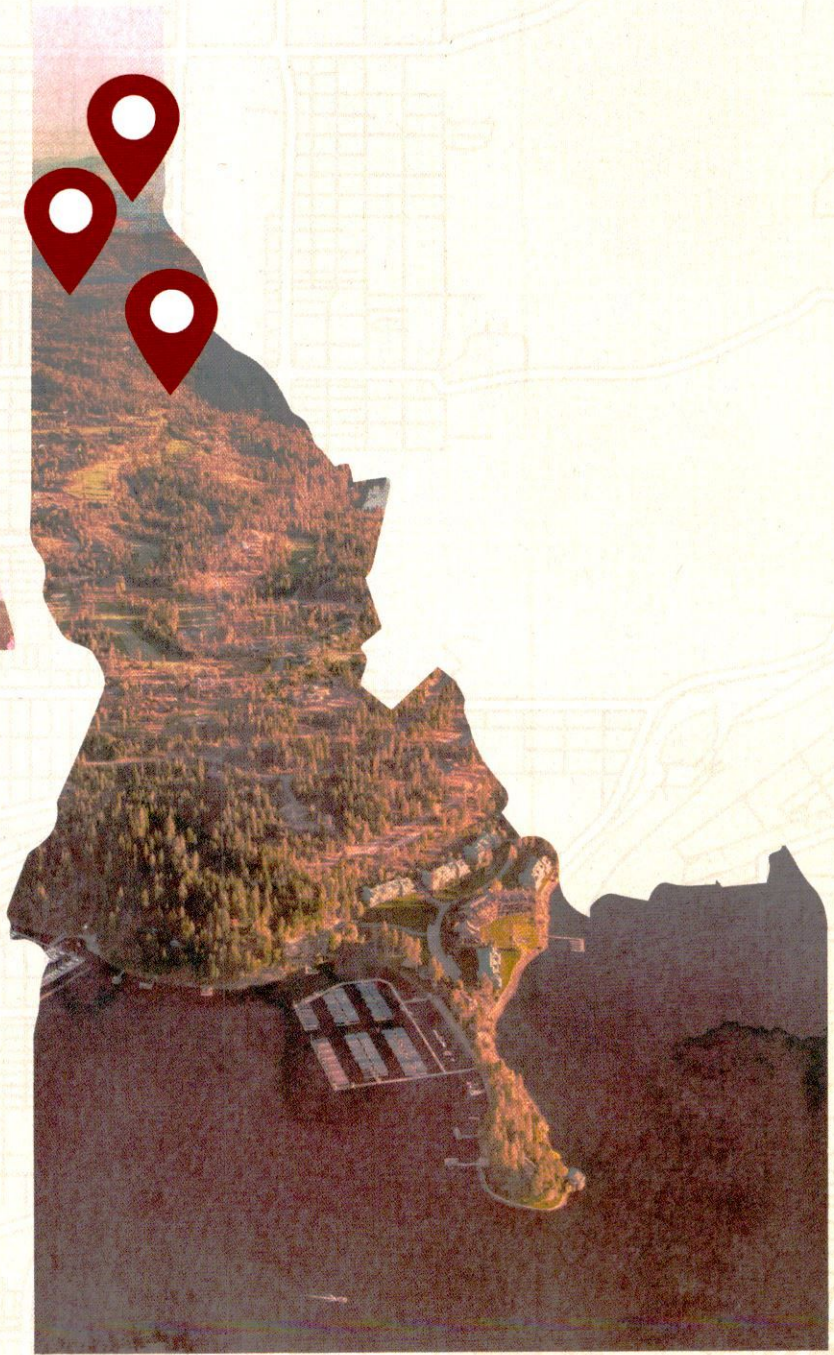
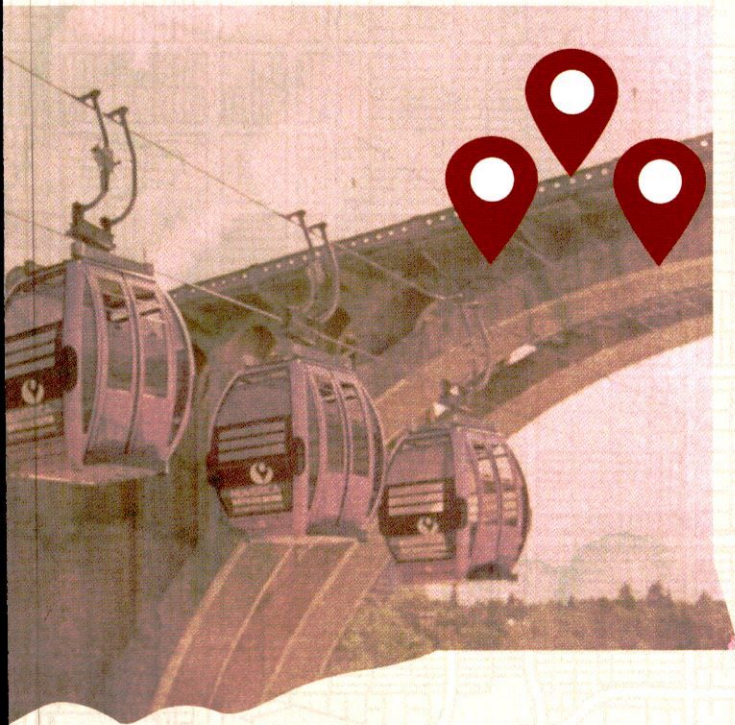
**YOUR VACATION...
OR STAYCATION...**

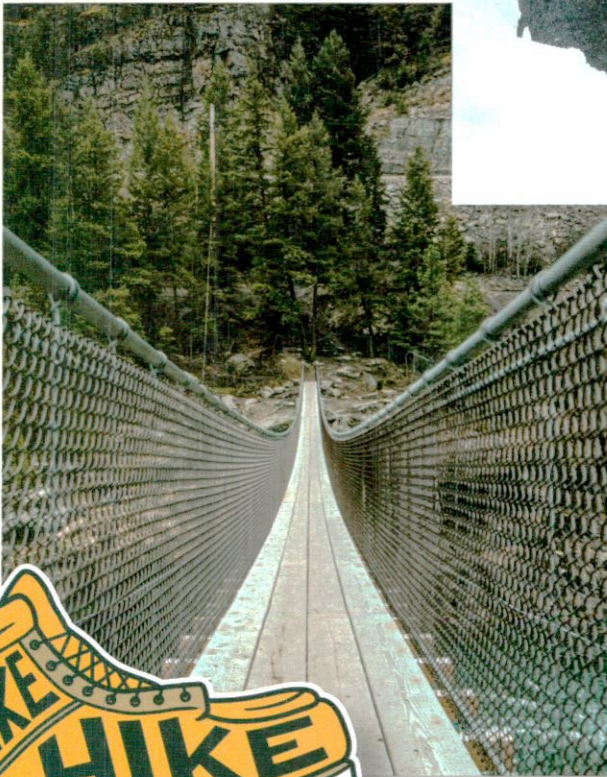
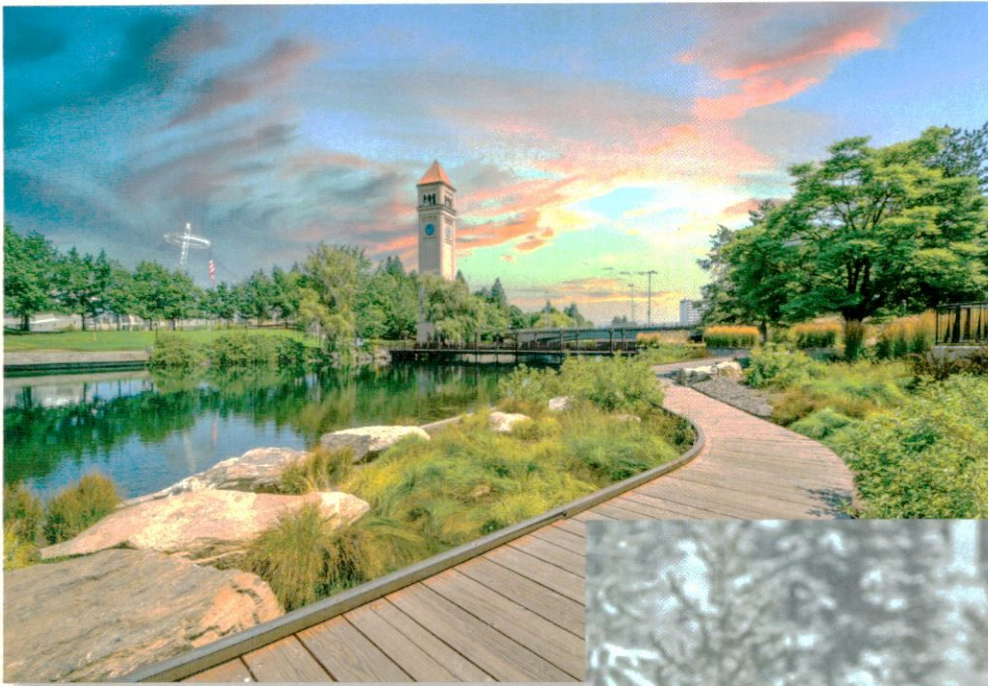
Awaits!



**WHERE TO STAY IN THE
INLAND NORTHWEST**

W

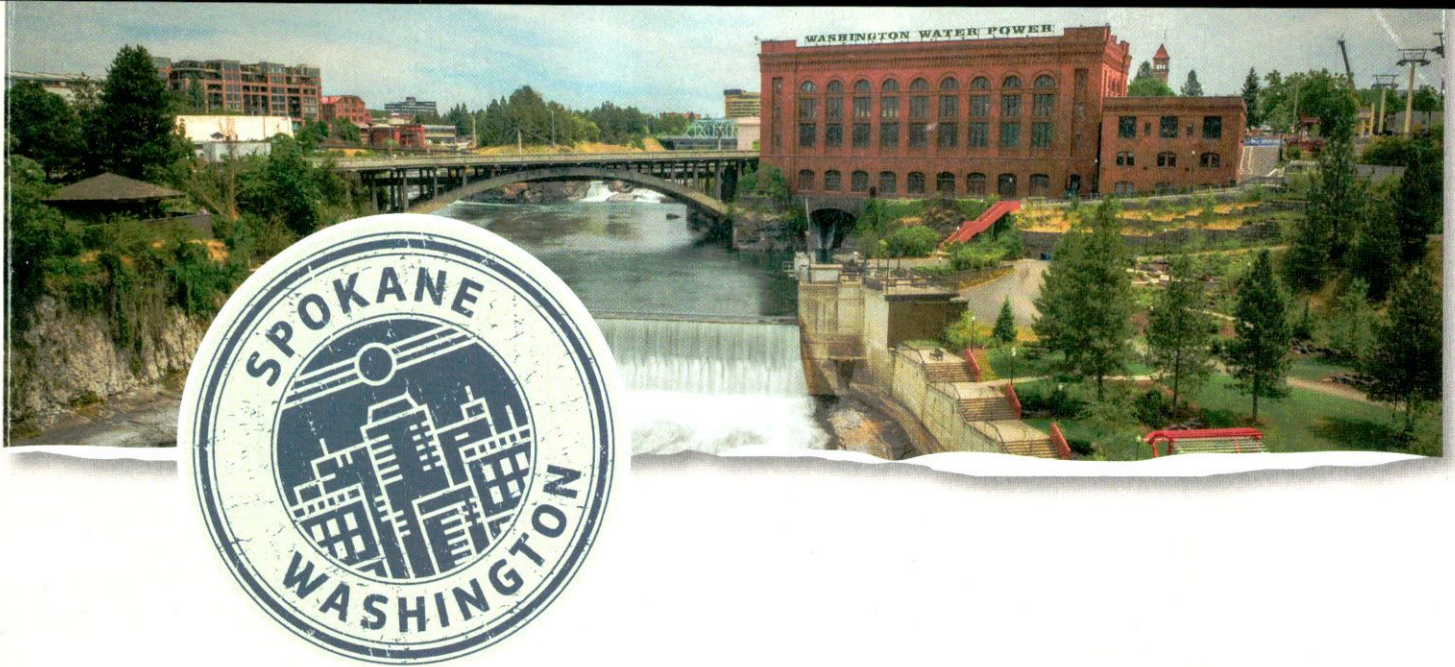




SOMEWHERE FOR

Everybody

Explore The North



The Historic Davenport Hotel

Where timeless elegance meets modern sophistication, The Historic Davenport Hotel is known to be Spokane's grandest and most iconic destination. From the moment of arrival, guests will be transported to the golden age of travel, to a place where impeccable service and luxury mingle with an ideal downtown Spokane locality. In addition to the lush accommodations, amenities include a spa and salon, luxury cocktail bar, pool, 24-hour fitness center, business center, free Wi-Fi and more!

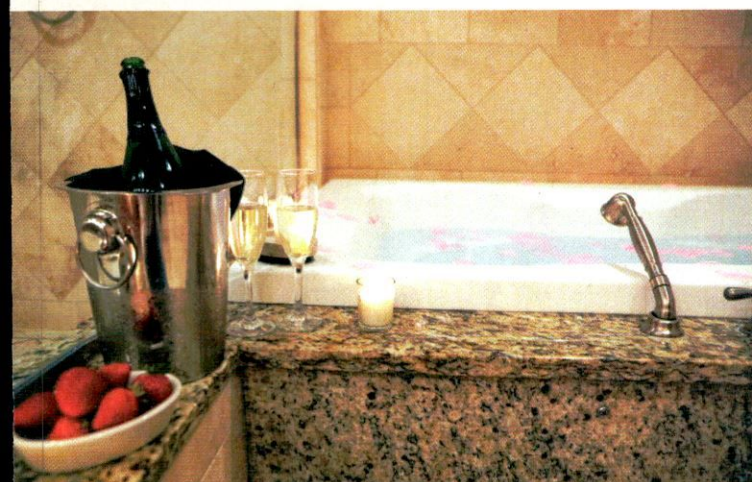
10 S. Post St., Spokane, WA
509.789.6965 | DavenportHotelCollection.com

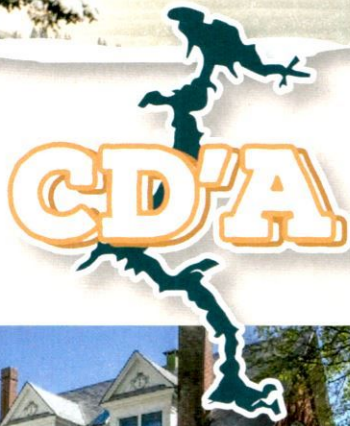


Mirabeau Park Hotel & Convention Center

Mirabeau Park Hotel & Convention center, which underwent a multi-million-dollar renovation in 2021, is an officially appointed three diamond AAA hotel and the only full-service hotel in the Spokane Valley. Offering everything to accommodate the business traveler or the entire family, amenities include: luxurious rooms and pristine bathrooms; pool, hot tub and exercise room; two well-manicured dog parks perfect for families traveling with their canine friends; relaxing courtyard setting offering an escape from the city, and more!

1100 N. Sullivan Rd., Spokane Valley, WA
509.924.9000 | info@mirabeauparkhotel.com
MirabeauParkHotel.com





Greenbriar Inn

The Greenbriar Inn, located just a few blocks north of downtown Coeur d'Alene, is a beautiful destination where history meets hospitality. Just steps from beaches, shopping, restaurants, galleries and more, the private setting of the Greenbriar Inn greets guests with a touch of Europe. This boutique-style inn, built in 1908, is featured on the National Registry of Historic Places, and the recently renovated rooms offer traditional antique furnishings, private bathrooms, smart TVs and free Wi-Fi. Offering seven unique rooms, be sure to book your stay today.

315 E. Wallace Ave., Coeur d'Alene, ID
208.667.9660 | briarhotel@gmail.com
GreenbriarLodging.com

The Blackwell Boutique Hotel

Built in 1904, The Blackwell, a luxury boutique hotel located in the heart of downtown Coeur d'Alene on charming Sherman Avenue and only 1/4 mile from Lake Coeur d'Alene, provides guests with easy access to several activities and adventures. Hotel amenities include an elegant dining room, cozy living rooms, fireplaces, lower level game and movie room, wrap-around porch, lush grounds, a gazebo and more. While honoring the integrity of the original architecture and charm, the property has been infused with elegant, contemporary touches.

820 E. Sherman Ave., Coeur d'Alene, ID
208.765.7799 | hello@blackwellboutiquehotel.com
BlackwellBoutiqueHotel.com

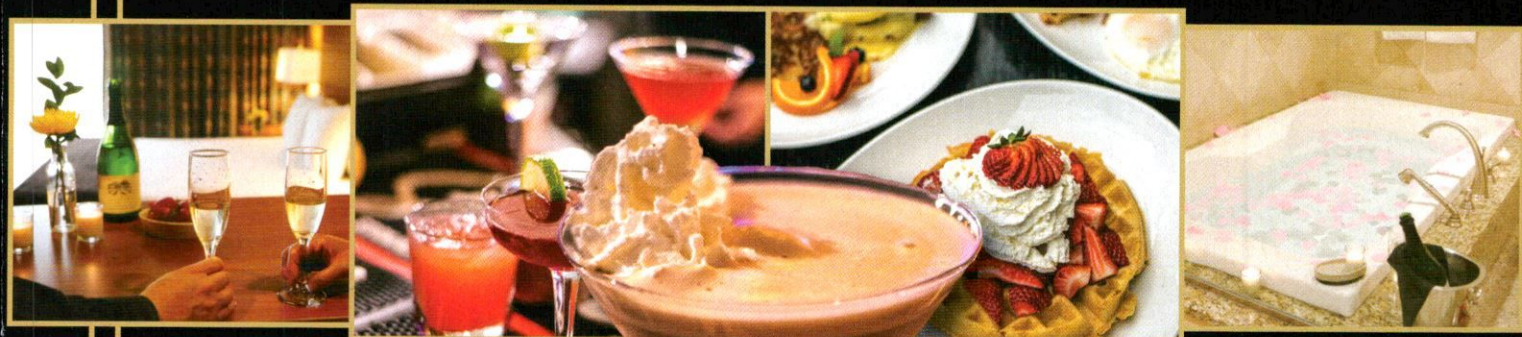


MAXimize

your dining experience

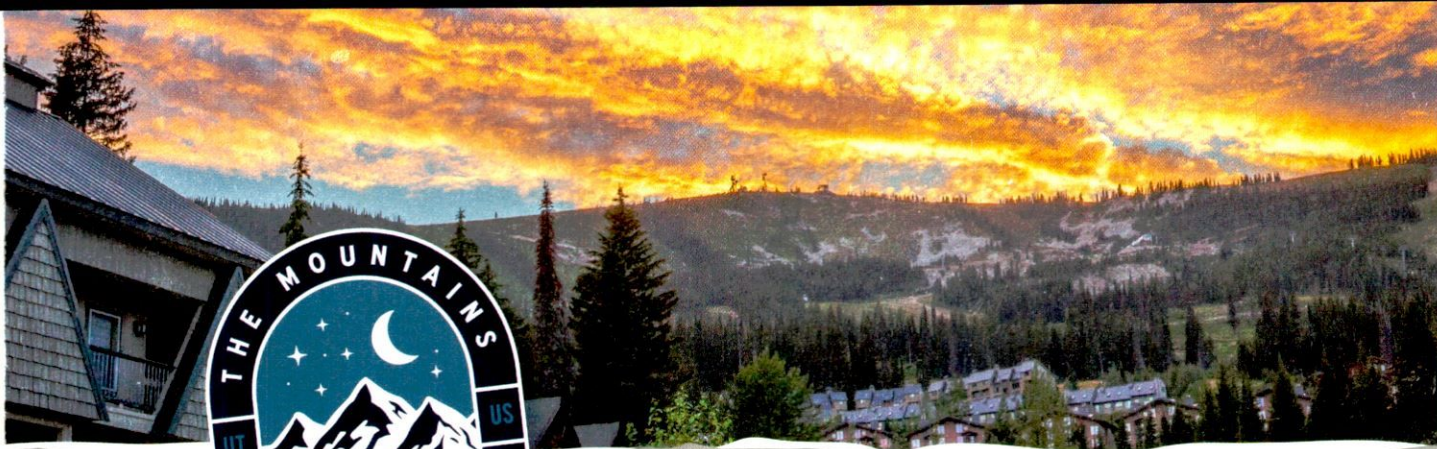
STAY. DINE. RELAX.

1100 N. Sullivan Rd., Spokane Valley, WA • Reservations: (866) 584.4674 • MirabeauParkHotel.com




Mirabeau Park
HOTEL & CONVENTION CENTER

MAX
at mirabeau
RESTAURANT • LOUNGE

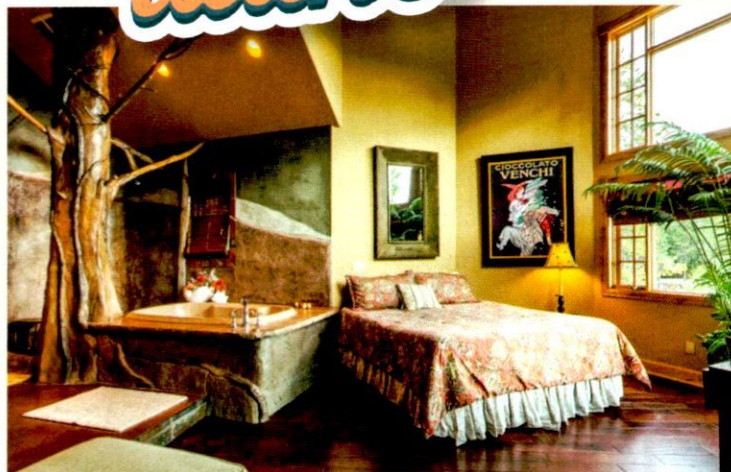


Sandpoint Idaho

Talus Rock Retreat

If you're on the lookout for luxury lodging in Sandpoint, Idaho, then look no further than Talus Rock Retreat for your special getaway. Rented by the room (choose from the Arbor Room, Syringa Suite, Kipling Room, Nooma Bedroom, Rio Room or Selkirk Room) or in its entirety, this peaceful villa is perfectly situated on an 18-acre wilderness playground and only 1 mile from downtown Sandpoint! Talus Rock is also the ideal place for an intimate wedding or gathering, workshops and classes, and spa and romance packages.

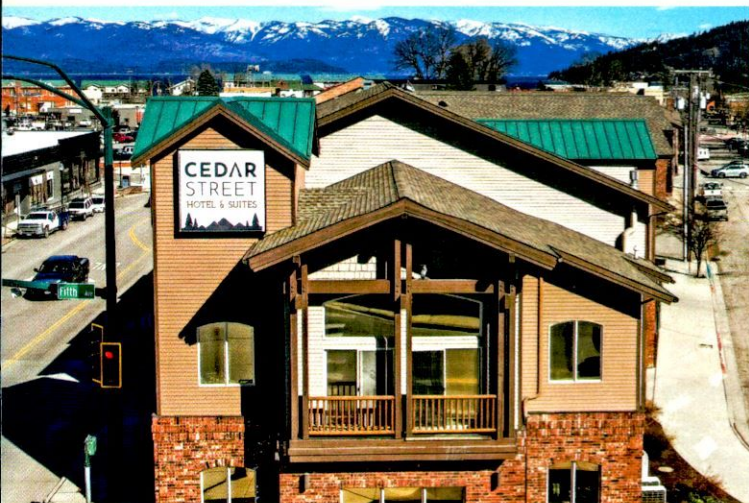
291 Syringa Heights Rd., Sandpoint, ID
208.255.8458 | hello@talusrockretreat.com
TalusRockRetreat.com



Cedar Street Hotel & Suites

Whatever the season, whatever the reason, your adventure awaits you, and Cedar Street Hotel will have your room ready! The only hotel located in downtown Sandpoint, Cedar Street Hotel gives their guests easy access to all the restaurants, shopping and nightlife the area has to offer. Rooms like the Glacier Suite (spacious king suite with a jetted tub and modern kitchenette), Monarch Suite (modern multi-room suite with two private bedrooms, two bathrooms, a jetted tub, kitchenette, and a living area) and the Selkirk Suite (spacious king suite with a jetted tub and modern kitchenette) make it easy to sit back and enjoy your stay.

415 Cedar St., Sandpoint, ID
208.263.9581 | frontdesk@cedarstreethotel.com
CedarStreetHotel.com




Ainsworth
hot springs resort



KTUNAXA
grill

Fresh, Local, Indigenous-Inspired



YEAR-ROUND ENJOYMENT

Experience our hot springs pools, cave and Spirit Water Spa. Savour culinary specialties created by Executive Chef Cory Chapman at the Ktunaxa Grill.

ainsworthhotsprings.com



The Hemlocks

The Hemlocks is rustic hospitality at its finest. Situated in the forest, surrounded by the beauty of nature and wildlife, guests can choose to book their stay at the expansive RV park, camp site, or one of the thoughtfully curated cabins. Also on-site are the large outdoor lodge and the Old West Texas Smokehouse & BBQ restaurant. Long-term monthly rentals are available as well, with free water, sewer, snow removal, on-site security, laundry, showers, and free internet! Call Johnney Walker today at 832.330.8812 to book your stay.

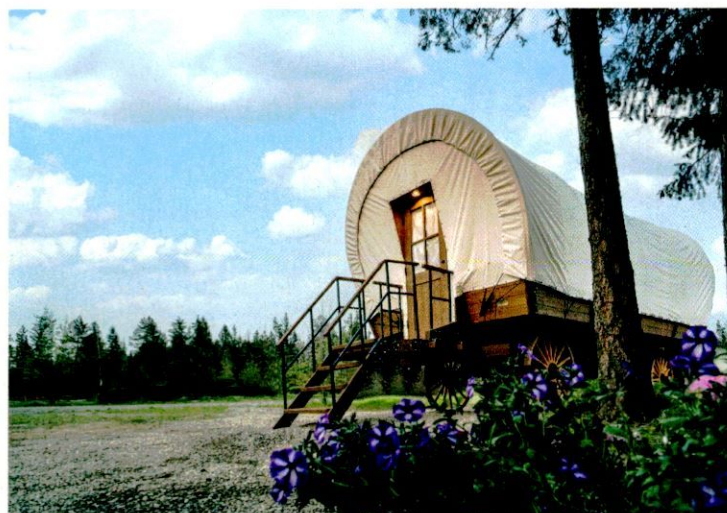
73400 US Hwy 2, Moyie Springs, ID
208.267.4363 | stay@hemlockslodging.com
HemlocksLodging.com



North Haven Campground

Just 2 1/2 miles north of Bonners Ferry, Idaho, you'll find the stunning North Haven campground, nestled in a beautiful wooded and peaceful setting. Open year-round, guest accommodation options include five luxury log cabins (one-bedroom and two-bedroom floor plans), 21 RV sites, two Conestoga glamping wagons with private bathrooms, and a large log cabin-style bath house with pristine private restrooms, showers and modern laundry facilities. In addition, guests will have access to high-speed fiber optic wireless internet, the on-site camp store and a fun ¼-mile nature walking trail loop. And there are pet-friendly cabins available as well, so your furry family member can enjoy the adventure too.

78 Tobe Way, Bonners Ferry, Idaho 83805
208.603.9212 | stay@northhavencampground.com
NorthHavenCampground.com



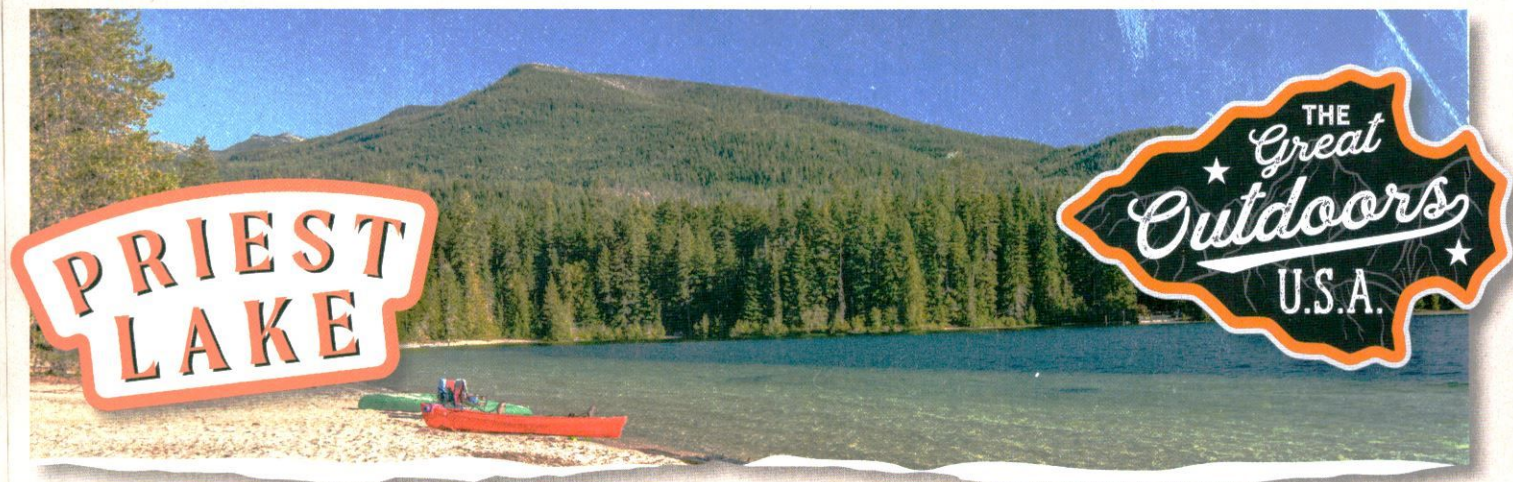
Northside School Bed & Breakfast

The historic Northside School is a favorite for travelers seeking a beautiful destination. Incredible views of the mountains, river and valley from the deck, and nine charmingly decorated themed rooms, each with their own private bathroom, await you. Enjoy a lovely night in your room or take a short stroll to historic, quaint downtown Bonners Ferry, relax in the year-round hot tub or cool off in the seasonal heated pool; the choice is yours! And savor your fresh baked cookies at check-in. They serve up a hot, fresh and delicious home-cooked breakfast for their guests every morning.

6497 Comanche St., Bonners Ferry, ID

208.267.1826 | info@northsideschoolbandb.com

NorthsideSchoolBandB.com



Elkins Resort at Priest Lake

Open year-round, Elkins Resort is a full-service resort offering lodging, dining, restaurant, bar, boat rentals, moorage, store and gift shop. Guests are offered a very unique experience that combines excellent customer service, a beautiful setting, comfortable lodging and outstanding cuisine. All 30 cedar cabins have full kitchens and living areas, giving guests the ability to choose going out to eat or staying in. Most cabins have fireplaces with wood provided; all have electric heat.

404 Elkins Rd., Nordman, ID

208.443.2432 | info@elkinsresort.com

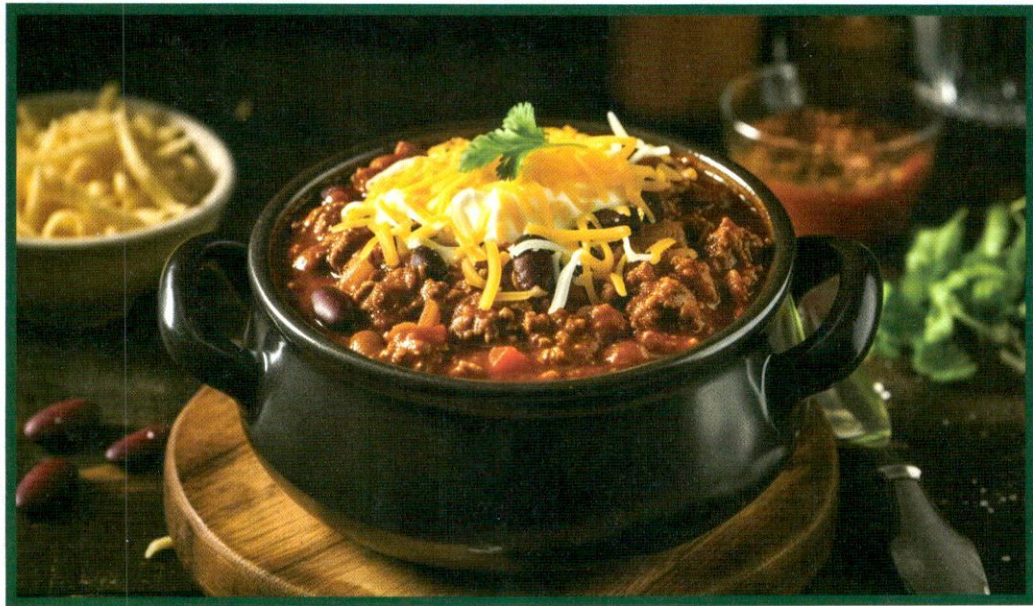
ElkinsResort.com



The image shows two white bowls filled with a Japanese-style chili con carne. The dish consists of ground meat, diced tomatoes, green bell peppers, and yellow bell peppers, all in a rich, reddish-brown sauce. The bowls are placed on a dark, textured surface. The text "JAPANESE" is written vertically on the left side, and "CHILI" is written vertically on the right side. The word "GOOD" is written horizontally in the center, between the two bowls.

JAPANESE
GOOD
CHILI

must-make RECIPES



INGREDIENTS

- 1 pound ground beef (you can also use ground turkey or a meat substitute)
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 2 (14.5-ounce) cans of diced tomatoes
- 1 (15-ounce) can of tomato sauce
- 1 (15-ounce) can of kidney beans, drained and rinsed
- 1 (15-ounce) can of black beans, drained and rinsed
- 1 cup corn kernels, frozen or canned
- 2 tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. paprika
- 1/2 tsp. cayenne pepper (adjust to taste for spiciness)
- Salt and black pepper to taste
- 1 cup beef or vegetable broth
- 2 tbsp. olive oil
- Optional toppings: shredded cheddar cheese, sour cream, chopped green onions and chopped fresh cilantro

METHOD

1. Heat olive oil in a large pot over medium heat.
2. Sauté onions and garlic until softened.
3. Brown ground beef (or substitute) and add bell peppers.
4. Season with chili powder, cumin, paprika and cayenne.
5. Add tomatoes, tomato sauce, beans and corn.
6. Pour in broth and simmer for at least 30 minutes.
7. Adjust seasoning to taste.
8. Serve hot with desired toppings.

**MOUTh-
WATERING
FLAVOR.**

PUMPKIN

Italian Dumplings

INGREDIENTS

For the Pumpkin Gnocchi

- 1 cup canned pumpkin puree
- 2 cups all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1 egg
- 1/2 tsp. salt
- 1/4 tsp. ground nutmeg

For the Sage Butter Sauce

- 4 tbsp. unsalted butter
- 8-10 fresh sage leaves
- Salt and black pepper to taste
- Grated Parmesan cheese

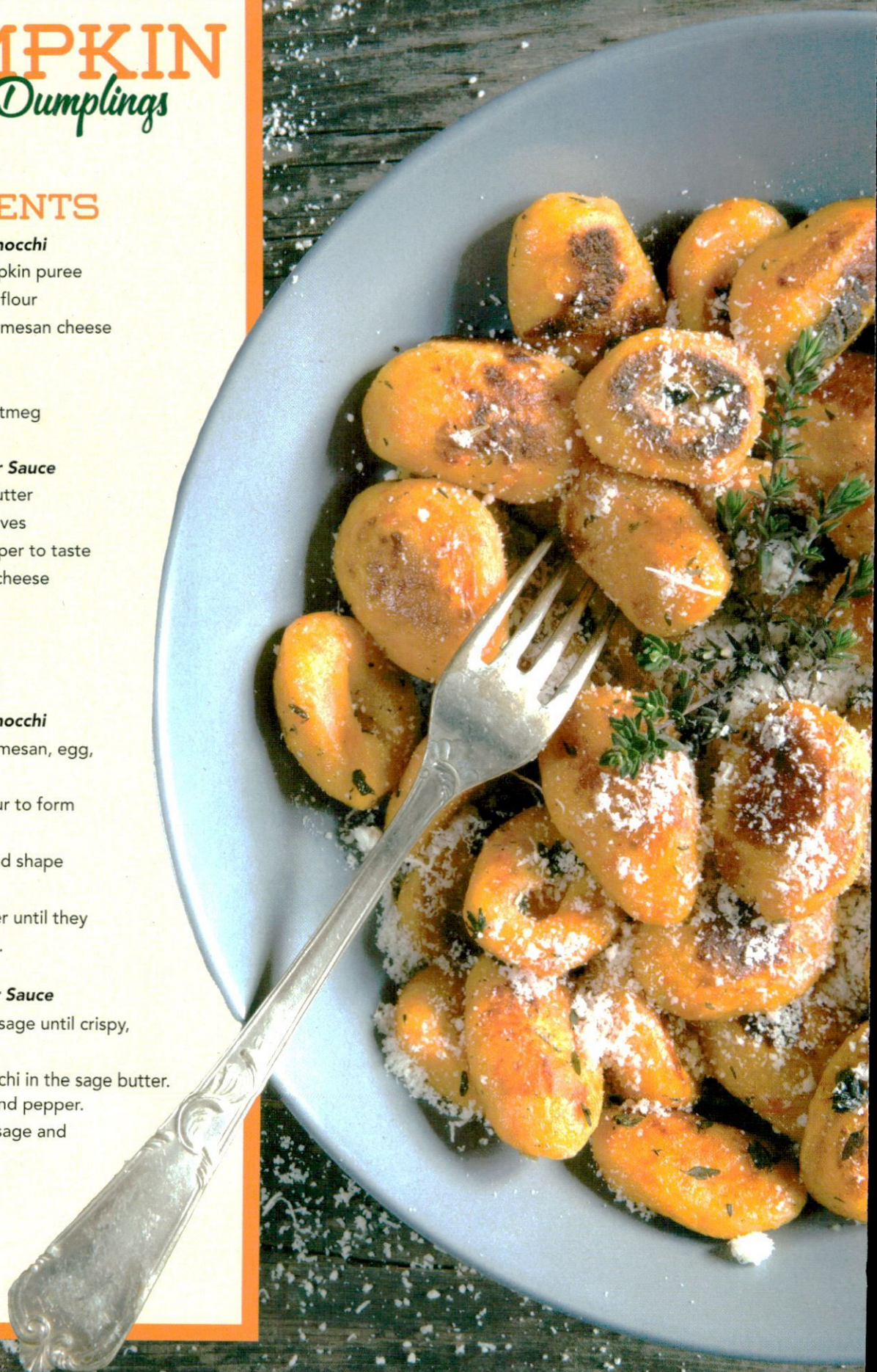
METHOD

For the Pumpkin Gnocchi

1. Mix pumpkin, Parmesan, egg, salt and nutmeg.
2. Gradually add flour to form a dough.
3. Divide, roll, cut and shape the dough.
4. Boil in salted water until they float (2-3 minutes).

For the Sage Butter Sauce

1. Melt butter, cook sage until crispy, then remove.
2. Toss cooked gnocchi in the sage butter.
3. Season with salt and pepper.
4. Serve with crispy sage and Parmesan cheese.



WINTER WARMING

Bourbon Old Fashioned

INGREDIENTS

- 2 oz. bourbon
- 1 sugar cube or 1/2 oz. simple syrup (adjust to taste)
- 2 dashes Angostura bitters
- 1 strip of orange zest
- 1 cinnamon stick
- 1 small sprig of fresh rosemary
- Ice cubes
- Orange slice and additional rosemary sprig for garnish

METHOD

1. Chill a glass with ice.
2. Mix bourbon, sugar and bitters in a separate glass.
3. Strain the mixture into the chilled glass with fresh ice.
4. Flame an orange zest strip over the glass.
5. Stir with a cinnamon stick.
6. Garnish with rosemary and an orange slice.
7. Enjoy your cozy, aromatic cocktail.



sizzle

Eats and Drinks



Spokane, Spokane Valley & Liberty Lake



Coeur d'Alene & Surrounding Area



Sandpoint & Surrounding Area





1898 PUBLIC HOUSE

Classic foods with a fresh twist using the finest ingredients is what guests will be treated to at 1898 Public House. Located at Kalispel Golf and Country Club in Spokane, dining at 1898 Public House is an exciting culinary tour for your palate. From hand-pressed gourmet burgers and house-cured bacon to house-made rolls and charcuterie, signature comfort food dishes and unique combinations are designed for the more adventurous foodie. In addition, 1898 grows their own herbs and locally sources their ingredients. They invite you to eat and drink inspired at 1898. Serving lunch and dinner daily, they are open starting at 11am Monday through Friday, and 9am Saturday and Sunday for brunch.

Spokane \$\$\$\$
2010 W. Waikiki Rd.
509.466.2121 | 1898PublicHouse.com

COCHINITO TACQUERIA

Guests will be treated to fresh and delicious cuisine created using fine-dining techniques paired with locally and responsibly sourced seasonal ingredients—served in a casual atmosphere along with craft cocktails, thoughtfully selected cervezas and spirits. From the fresh-made tortillas and chips, melty queso fundido, and ceviche, to a variety of tacos (like the Heritage Duroc Pork Cheek Carnitas, Braised Short Rib Birria, 20-Hour Carne Asada, and Fried Maitake Mushroom) served on fresh house-made corn tortillas, guests are in for a treat! Don't forget to order a side of beans, cumin and tomato rice, pickled vegetables or guacamole. Open 11:30am to 9pm Monday through Saturday; closed Sunday. Takeout is available, and you can order online. They also offer catering for your next event. Be sure to stop by their new location, 9426 North Government Way in Hayden, Idaho, open 11:30am to 9pm seven days a week.

Spokane \$-\$\$
10 N. Post St.
509.474.9618 | CochinitoTaqueria.com



DRY FLY DISTILLING

You can find Dry Fly on Riverside Avenue, just blocks from the Spokane River! Since 2007, Dry Fly Distilling has been producing high-quality, award-winning vodka, gin and whiskey, and more recently has added canned craft cocktails, with a variety of flavors to choose from. The first distillery in Washington state, the owners are committed to being 100 percent farm to bottle, supporting local farmers in the process. They invite you to stop by their 24,000-square-foot location, which features the distillery, tasting room, 70-seat restaurant with a state-of-the-art kitchen and bar, event space and gift shop. The menu offers delicious pizza, burgers, sandwiches and salads, as well as items like the Smoked Trout Dip, Gin Steamed Clams and Stewed Mussels. Dry Fly is proud to offer some of the finest craft cocktails in the region and offers retail bottle sales as well.

Spokane \$-\$\$\$
1021 W. Riverside Ave.
509.489.2112 | DryFlyDistilling.com



EAST PAN ASIAN CUISINE

Northern Quest's contemporary take on classic dishes from across Asia, East Pan Asian Cuisine opened in 2022 and has been satisfying diners since day one. With a modern, fresh interpretation of Asian favorites, East is dishing up the area's best in authentic pan-Asian cuisine. Treat yourself to a tasty assortment of shareable options and inventive menu items that draw inspiration from your favorite Asian Pacific, Japanese, Thai, Chinese and Korean dishes. Open 11am daily.

Spokane \$-\$\$
100 N. Hayford Rd.
509.481.2131 | NorthernQuest.com

EPIC SPORTS BAR

Sports fans and foodies alike will discover the ultimate sports bar experience at EPIC, located inside Northern Quest Resort & Casino. From nachos and buffalo wings to the perfect prime rib dip and massive burgers, this game-changing restaurant offers a full menu of upscale pub fare, plus craft beers and cocktails. And the venue's 30-foot LED HDTV means you'll never miss the big game. You can even get in on the action with live sports betting at the Turf Club Sports Book kiosk inside EPIC! Open daily for breakfast, lunch and dinner, check out their website to view the menu, current specials and upcoming events.

Spokane \$-\$\$\$
100 N. Hayford Rd.
509.481.2389 | NorthernQuest.com



EL QUE

Opened behind the Elk Public House in 2001, El Que quickly became a loyal favorite, and continues to be more than two decades later, for traditional Mexican-style street food, inventive cocktails and house-made tequila infusions. The menu features items like Banana Leaf Tamales, the Wet Burrito and Chili Rellenos, and a variety of taco choices. Choose to accompany your meal with a delicious cocktail or beer. Open at 3pm daily.

Spokane \$-\$\$

Spokane \$-\$\$

141 S. Cannon St.

509.624.5412 | WeDontHaveOne.com

LATAH CREEK WINERY AND GIFT SHOP

With a commitment to delight wine lovers with the best of Washington state while making their award-winning wines affordable, Latah Creek continues to deliver a unique experience with each and every bottle. Sample award-winning and reserve wines in their beautiful tasting room while browsing through one of the most unique gift shops in the area. The winery is open 9am to 5pm daily. And don't forget to join their WineClub!

Spokane Valley \$-\$\$\$

13030 E. Indiana Ave.

509.926.0164 | LatahCreek.com



MAX AT MIRABEAU

Join MAX at Mirabeau for an unforgettable experience. Located in Spokane Valley, you'll be treated to eclectic cuisine, an award-winning menu with more than 100 items, a Wine Spectator award-winning wine list boasting more than 500 labels and 75 eclectic cocktails—a perfect match for everything on the menu. Enjoy two happy hours daily, a-la-carte brunch featuring multiple benedicts, mimosas, and the area's best Bloody Mary Bar! Open daily starting at 6am for breakfast, lunch, dinner and late-night dining, MAX at Mirabeau has made a name for itself as Spokane Valley's premier dining destination year after year. Seasonal outdoor dining available.

Spokane Valley \$-\$\$\$

1100 N. Sullivan Rd.

509.922.6252 | MAXatMirabeau.com

HIGHBALL

This luxury lounge at Northern Quest Resort & Casino offers glitzy cocktails in a stunning setting. Located near the entrance to Pend Oreille Pavilion, Highball's swanky ambiance is complete with 43 sparkling crystal chandeliers, oversized booths, and a lively dance floor that's filled by the ever-rotating calendar of nightlife. For hours and upcoming entertainment happenings, visit their website.

Spokane \$-\$\$\$

100 N. Hayford Rd.

509.481.2389 | NorthernQuest.com

MASSELOW'S STEAKHOUSE

Fine dining at its best! It's time to take a culinary journey. Open for dinner Wednesday through Sunday, Masselow's Steakhouse at Northern Quest Resort & Casino features an impressive variety of prime-grade Midwestern steaks, fresh seafood and an expansive wine selection. Much like their wine list, all ingredients are personally sought, sourced and tasted to meet the chef's highest standards so that guests get only the best.

Spokane \$\$\$

100 N. Hayford Rd.

509.481.6020 | Masselows.com



THE ELK PUBLIC HOUSE

Spokane's not-so-secret neighborhood restaurant located in the heart of Historic Browne's Addition, The Elk Public House has been serving the community for more than two decades. On the menu, you'll find a great selection of fresh salads, soups, sandwiches and pastas, all made from scratch. They also offer a large selection of brews, wine by the glass and bottle, and original cocktails. Enjoy it all in the comfortable pub-style atmosphere. Open daily for lunch and dinner from 11am to late night, check out their website to view their menu and current specials. The Elk Public House patio is an ideal location for outdoor dining during the warmer months to just sit back, relax and enjoy a delicious meal and cold brew.

Spokane \$-\$
1931 W. Pacific Ave.
509.363.1973 | WeDontHaveOne.com

THE TWO SEVEN PUBLIC HOUSE

At Two Seven in Spokane, you will find a menu featuring fresh salads like the Southwestern Taco or Greek Chickpea; burgers, wraps and sandwiches (think Cuban Pork, Philly Cheese Steak, and Buffalo Chicken); and house specialties including the Pork Chop Marsala. They offer a great selection of microbrewed beers, wines by the glass and freshly squeezed juice cocktails to pair with your meal, all served up by a friendly and experienced staff in a comfortable pub-style atmosphere. Open for lunch and dinner 11am daily until late night.

Spokane \$-\$
2727 S. Mount Vernon St., Ste. 5
509.473.9766 | WeDontHaveOne.com



VERSALIA PIZZA

Enjoy delicious gourmet ultra-thin artisan-crust pizzas, made from dough that is prepared in-house daily, topped with the freshest and highest quality natural ingredients, as well as savory apps, soups and salads, with to-go items available. Pair your meal with a beer or wine (or tasty cocktail at Kendall Yards location only). You can find Versalia Pizza in Spokane's Kendall Yards and Liberty Lake's River District next to Orchard Park.

Spokane & Liberty Lake \$-\$
1333 W. Summit Pkwy. | 509.389.0029
20760 E. Indiana Ave. | 509.290.5277
VersaliaPizza.com

VIEUX CARRÉ NOLA KITCHEN

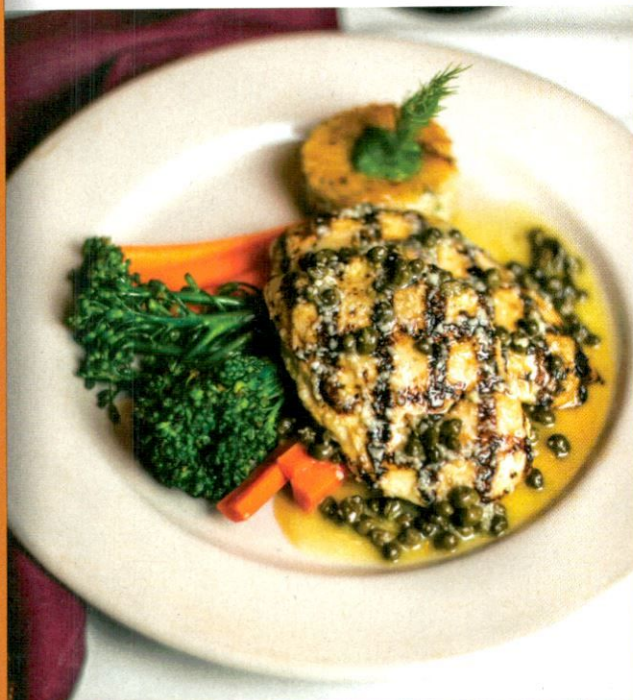
Vieux Carré brings the New Orleans experience to Spokane with authentic Cajun/Creole food combining elements of French and Spanish cuisine. With offerings such as crawfish, hush puppies, gumbo, jambalaya, bread pudding and beignets, Vieux Carré will ensure that you satiate your Cajun cravings while out with friends, family or that significant other. In addition to the food, they boast a robust cocktail, wine and beer menu complete with New Orleans classic cocktails like Mint Julep, Ramos Gin Fizz and, of course, The Vieux Carré! Open for lunch and dinner daily starting at 11am, with Sunday brunch starting at 9am.

Spokane \$-\$-\$
1403 W. Broadway Ave.
509.495.1400 | VieuxCarreSpokane.com

WHIM WINE BAR

Whim Wine Bar is the perfect place to sit back and relax, with a glass of wine in hand. This locally owned wine bar, located in downtown Spokane's River Park Square, offers its guests, 21 and older, a large glass pour list featuring wines from around the world, plus cider and beer options. The full menu, which is available starting at noon daily, highlights thin-crust pizzas made with high-quality ingredients, charcuterie boards and more. Service is offered until 8pm Monday through Thursday, 10pm Friday and Saturday, and 7pm Sunday.

Spokane \$-\$-\$-\$
808 W. Main Ave.
509.242.3945 | WhimWineBar.com



ANGELO'S RISTORANTÉ

Angelo's is the local favorite with a taste of homemade, authentic Italian cuisine! Join them for a fresh, organic, hand-crafted menu of veal, steak, chicken, seafood, pasta and gluten-free offerings, an extensive wine selection and warm romantic décor. Open for dinner Tuesday through Saturday from 4 to 9pm. Chef Angelo can also cater events both big and small.

Coeur d'Alene \$\$\$
 846 N. Fourth St.
 208.765.2850 | AngelosRistorante.net

THE CULINARY STONE

The Culinary Stone is as dedicated to providing quality products and professional cooking classes as it is to serving the community with a welcoming environment and one-of-a-kind experience. Open daily in Coeur d'Alene's Riverstone Neighborhood, you are invited to savor The Culinary Stone's delicious menu from the all-new Marketplace with sandwiches, salads, coffee and local pastries. You can also enjoy hand-curated wines and craft beer; as well as shop a wide selection of gourmet foods, kitchen tools and small appliances.

Coeur d'Alene \$\$\$
 2129 N. Main St.
 208.277.4116 | CulinaryStone.com



COCHINITO TAQUERIA

A Spokane favorite, Cochinito Taqueria opened their second location in Hayden in spring of 2023! Here, guests will be treated to the same fresh and delicious cuisine as its sister location (like Charred Spanish Octopus, Pozole Rojo, and Beef Short Rib Birria). Dishes are created using fine-dining techniques paired with locally and responsibly sourced seasonal ingredients. Served up in a casual atmosphere, don't forget the thoughtfully selected cervezas and full bar featuring the region's best margarita (Inlander Readers poll). Whether you choose to dine in or take out (online ordering available), the food will impress. And they cater too! Open 11:30am to 9pm seven days a week.

Hayden \$\$\$
 9426 N. Government Way
 208.518.1517 | CochinitoTaqueria.com

PILGRIM'S MARKET

Locally owned and operated since opening in 1999, Pilgrim's Market is the Inland Northwest's hotspot for the finest natural and organic foods, local products, health education and more. For the health-seeking "green" consumer wanting to support local food growers and retailers, Pilgrim's is a homegrown, locally owned alternative to massive foreign-owned national chains. Pilgrim's 25,000-square-foot store offers everything from organic produce to gourmet cheese, beer and wine, bulk foods, bakery, meat, deli, supplements, gift and floral, and an education and event center. There is also an urban farm on location. Located just minutes off I-90, Pilgrim's is a frequent destination for locals and a must see for the health-conscious traveler. Open 8am to 9pm seven days a week.

Coeur d'Alene \$\$\$
 1316 N. Fourth St.
 208.676.9730 | PilgrimsMarket.com



MOON TIME

Established in 1996, Moon Time quickly became a favorite among locals and tourists alike. Open daily and serving some of the best food around in a comfortable pub-style atmosphere, you'll want to visit as often as possible. The menu offers soups, sandwiches, pastas, salads and other specialties prepared from scratch daily, along with a fantastic selection of micro-brewed beers and fine wines by the glass and bottle. You're invited to take a seat for lunch, dinner and late-night dining daily starting at 11am. For more information, including menu and specials, visit their website.

Coeur d'Alene \$-\$\$
1602 E. Sherman Ave., Ste. 116
208.667.2331 | WeDontHaveOne.com

THE PORCH PUBLIC HOUSE

A beautiful golf-course view without the cost of joining the country club makes The Porch an ideal setting for a delicious meal any time of year. They offer a full menu of sandwiches, salads, soups and specialties prepared from scratch without the high price of fine dining, and the region's finest cocktails, microbrews and wines to accompany your meal. Feel at home in the comfortable pub-style dining room or the fantastic outdoor dining area during the warmer months. Open daily year-round, The Porch keeps the kitchen cooking up delicious food late every night. For more information including specials, menu, photos and directions, please visit their website.

Coeur d'Alene \$-\$\$
1602 E. Sherman Ave., Ste. 116
208.667.2331 | WeDontHaveOne.com



SWEET LOU'S RESTAURANT AND TAP HOUSE

American fare is what you'll be treated to at Sweet Lou's in downtown Coeur d'Alene. Try the ribs (pork or bison) that are smoked in-house, and choose from a variety of burgers made from freshly ground top sirloin and topped with decadent eats such as smoked pulled pork, hand-battered onion rings or fresh jalapeños. And ... they now proudly offer a full bar! Come hungry, stay late, eat well. Open 11am to 10pm daily, they also offer delivery in Coeur d'Alene. In addition to its Coeur d'Alene location, you can find Sweet Lou's in Athol and Ponderay.

Coeur d'Alene \$-\$\$
601 E. Front Ave., Ste. 101
208.667.1170 | SweetLousIdaho.com

SWEET LOU'S RESTAURANT AND TAP HOUSE

Located just north of Silverwood Theme Park, Sweet Lou's in Athol is the place to be for lunch and dinner with the entire family. Enjoy an American-fare experience with fresh ingredients and creative twists. There's something for everyone on the menu. Sweet Lou's restaurants are also located in Ponderay and downtown Coeur d'Alene.

Athol \$-\$\$
6915 E Athol Crossing Road
208.561.9496 | SweetLousIdaho.com



SYRINGA JAPANESE CAFÉ + SUSHI BAR

A longtime Coeur d'Alene favorite, take a seat at Syringa, located on the corner of Fourth Street and Spruce Avenue in midtown. Using organic produce, choice meats and wild seafood whenever available (and no MSG), enjoy sushi, Japanese entrées, salads and soups. Syringa hits the spot for lunch or dinner, no matter the occasion. Open Tuesday through Saturday. For current hours and menu, visit their website.

Coeur d'Alene \$\$\$-\$\$\$
1710 N. Fourth St.
208.664.2718 | SyringaSushi.com

THE WELLNESS BAR

Bringing the sunshine to North Idaho, The Wellness Bar believes healthy food equals happy people. From cold-pressed juices, smoothies, and avocado toast bar, to acai bowls, salads and seasonal specials, their options are not only healthy but delicious! You can also order one of their Wellness Juice Cleanses, with the option of one-, two- and three-day cleanses available. Offering three locations in Coeur d'Alene, you can also find The Wellness Bar at their Post Falls and Hayden locations. Visit their website for hours and to view the menu. Online ordering and delivery available as well!

Coeur d'Alene \$\$\$
312 N. Fourth St.
271 E. Appleway Ave., Ste. 101
2133 Main St. in Riverstone
NIWellnessBar.com



THE BLUEBIRD - A MIDTOWN EATERY

At this eclectic Northwest bistro in Coeur d'Alene's midtown, high-quality ingredients and locally sourced products are used in every dish. The menu is unique, enticing and delicious, from the Shrimp & Grits and Fried Chicken to Duck, and a variety of specialty appetizers and salads, with weekly and seasonal specials. Open for happy hour and dinner Tuesday through Saturday (with limited lunch hours in the works). Be sure to visit their website for current hours.

Coeur d'Alene \$\$
816 N. Fourth St.
208.665.3777 | MidtownBluebird.com

VICINO PIZZA

This Neapolitan-style wood-fired pizzeria in Coeur d'Alene's Riverstone Neighborhood offers a creative and delicious selection of pizzas; small plates like house-made meatballs, fried calamari and focaccia; and an assortment of house-made salads and desserts. Complete your meal with a glass of wine from the beautiful wine list or a cold craft brew. Open daily for lunch and dinner for dine-in or takeout, with seasonal outside dining available.

Coeur d'Alene \$\$\$-\$\$\$
2385 N. Old Mill Loop
208.758.7997 | VicinoPizza.com

VINE & OLIVE EATERY AND WINE BAR

Located in Coeur d'Alene's Riverstone Neighborhood, guests will be treated to the extraordinary, with a menu comprised of European-inspired small plates using simple, seasonal ingredients for simply good food served with soul, executed with Northwest flair. Make a selection from the full wine bar, which serves thoughtful wines by the glass and eight local brews on tap, to complement your meal. For reservations, call or reserve your table online.

Coeur d'Alene \$\$\$-\$\$\$
2037 N. Main St.
208.758.7770 | VineandOliveCdA.com



113 MAIN

Open 3 to 9pm Tuesday through Saturday for happy hour and dinner, 113 Main's cuisine exudes modern scratch American. Everything is made in-house from the pasta and gnocchi down to the beef, vegetable and chicken stocks. Fresh, in-season vegetables and proteins allow diners to enjoy a menu that changes with the season and the opportunity to try new dishes. In addition to the beautiful menu is the full-service bar, where 113's bartenders have created amazing handcrafted cocktails with fresh fruits, house-made simple syrups, fresh squeezed juices, and various garnishes from candied blood oranges to edible flowers.

Sandpoint \$-\$\$\$\$

113 Main St.

208.946.5309

IG - @113mainsandpoint

FB - 113-Main-Sandpoint

219 LOUNGE

Sandpoint's hometown bar for more than 80 years, you'll find a friendly atmosphere with folks from all walks of life at the "Niner." You'll be treated to exceptionally skilled bartenders serving up classic cocktails, 20 craft beers on tap and a unique wine list at this full-service bar. While there, unwind with entertainment including pool, foosball, live music and more!

Sandpoint \$-\$\$

219 N. First Ave.

208.263.5673 | 219.bar



ELKINS RESORT ON PRIEST LAKE

Experience delicious Northwest dining with Pacific Rim flair while dining lakeside at Elkins Resort on Priest Lake. Featuring some of the best cuisine you'll find in the area, join them for breakfast, lunch or dinner, and taste why their guests continue to come back year after year. The restaurant is open weekends during the fall, winter and spring seasons; open daily June through September. Dinner reservations may be made on OpenTable or by calling directly.

Priest Lake \$-\$\$\$\$

404 Elkins Rd.

208.443.2432 | ElkinsResort.com/dining

JALAPEÑOS

For the past three decades, Jalapeños has prided itself on being Sandpoint's casual neighborhood Mexican restaurant; the perfect place for families and friends to gather and enjoy a great meal at wonderful prices while supporting a longtime locally owned business. Whether you choose the 7B Nachos or Street Tacos, Deep Fried Avocado, Beer-Battered Fish Taco, Chili Verde, or Spinach Enchiladas (or any of their other delicious menu items), you can't go wrong. You may want to opt for a combo platter. Complement your meal with a drink from the full bar.

Sandpoint \$-\$\$

314 N. Second Ave.

208.263.2995 | SandpointJalapenos.com

SWEET LOU'S RESTAURANT & BAR

Enjoy home-style comfort food made with high-quality ingredients at Sweet Lou's. You'll be treated to amazing burgers, beer-battered onion rings, hand-cut top sirloin and more, including the crowd favorite—Grilled PB&J with locally made huckleberry jam and bacon. There is also a full bar featuring more than a dozen draft beers. And don't forget ... 20 4K TVs are onsite for watching the game! Open daily for lunch, dinner and drinks from 11am to 10pm, with online ordering available. Check out Sweet Lou's Coeur d'Alene and Athol locations as well.

Ponderay \$-\$\$

477272 Highway 95

208.263.1381 | SweetLousIdaho.com



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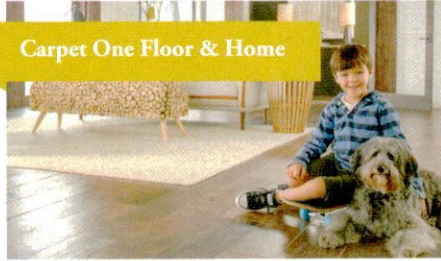


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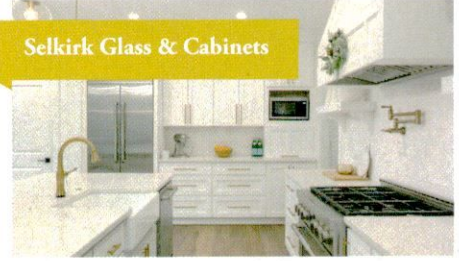


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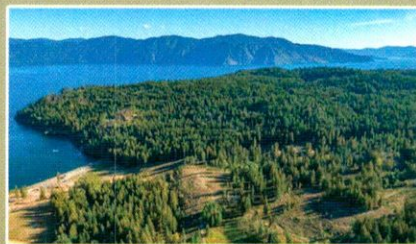
Lots SOLD

Lots AVAILABLE

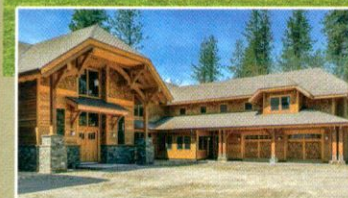
Future Lots

Lots NOT Available

- Private Paved Roads
- Underground power, phone and high speed internet
- Private Well with each Lot
- Septic preliminary site evaluations with PHD
- High-speed fiber optic internet stubbed at Driveway
- All Lots from 1.7 to 60 Acres (Low Density)
- Direct Access to Lake Pend Oreille
- All Secondary Lots will come with a 30 foot boat slip
- Community Beach (472 Feet of Waterfrontage)
- Community Pavilion with Bathrooms, Fire-pit
- Community Area "Family Tree House"
- Trails with Access to US Government Land



90 Kullyspell Drive



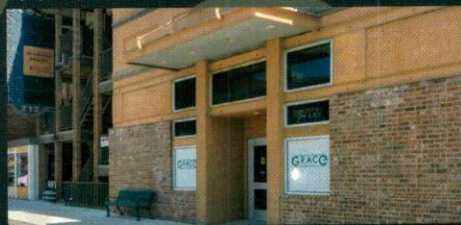
Nothing compares anywhere in Idaho to the opportunity to own 935' of historic water frontage and privacy like that offered by Kullyspell Point. Kullyspell was the original home location of historical figure David Thompson who first discovered Idaho and opened the first fur trading business with the Kalispel Tribes on this property. The main property consists of the 13,036 sq ft home with the massive underground environmentally controlled passage to the 2773 sq ft Gate House. \$10,999,000



422 S Third Avenue | MLS# 20230622

Excellent South Sandpoint location with a large custom-built home just a few blocks from the Third Avenue Pier and Lakeview Boat Launch! This NEW 5 bedroom, 3.5 bath, 4,125 finished square foot, home was completed September 8, 2023, and boasts two large, covered decks perfect for entertaining.

\$1,795,000



208 N 1st Avenue | MLS# 20231780

Prime A Class location for this historic downtown Sandpoint Commercial building that sits just steps away from Sand Creek and is within easy walking distance of restaurants, shops and the City Beach. This two story nearly 10,000 square foot building was remodeled in 2020 and features upstairs and downstairs kitchens.

\$2,795,000

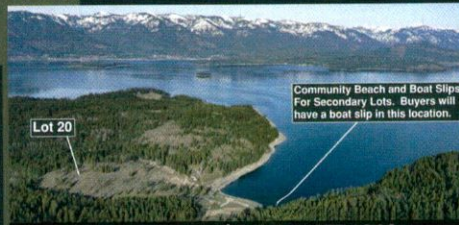
USE PHONE CAMERA



104 W 4th Ave | MLS# 20232217

Great opportunity to own a profitable business that has been a Cornerstone of the Clark Fork Community for over 90 years. Hays Chevron is located off Highway 200 in the center of Clark Fork, Idaho offering convenient access to customers traveling from any direction. Clark Fork is a great rural community close to Sandpoint, Idaho.

\$625,000



155 Annes Ln | MLS# 20231213

Don't miss the opportunity to live in one of the finest new communities in North Idaho. This lot is perfectly situated in the bay on the third bench of a 3 tier Amphitheater style property with incredible Lake Pend Oreille and Monarch Mountain views. But don't just look at the property, enjoy it with your private boat slip.

\$1,200,000

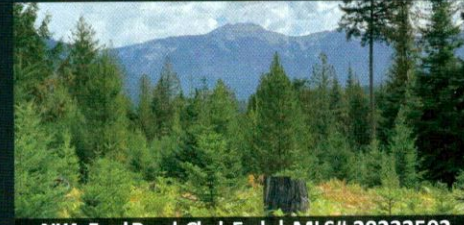
Community Beach and Boat Slips For Secondary Lots. Buyers will have a boat slip in this location.



316 N Second Ave | MLS# 20232356

Large commercial building in the heart of downtown Sandpoint. This building is 7,652 sq. ft. and is currently separated into 5 different suites but could be remodeled to suit your needs or one could occupy a portion of the building and lease out the remainder for a continual revenue stream.

\$1,350,000



NKA Ford Road, Clark Fork | MLS# 20232502

Panoramic Views in all directions from this 21.77 acre parcel east of Clark Fork near the Idaho/Montana border. This level, treed parcel enjoys Southern Exposure and has stunning views of the Cabinet Mountains to the North and East.

\$439,000

CENTURY 21

RiverStone



Eric Skinner,
Owner / Associate Broker
(208) 290-6314
Eric.Skinner@Sandpoint.com

Brent Stevens,
Owner / REALTOR®
(208) 290-0502
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PROPERTIES





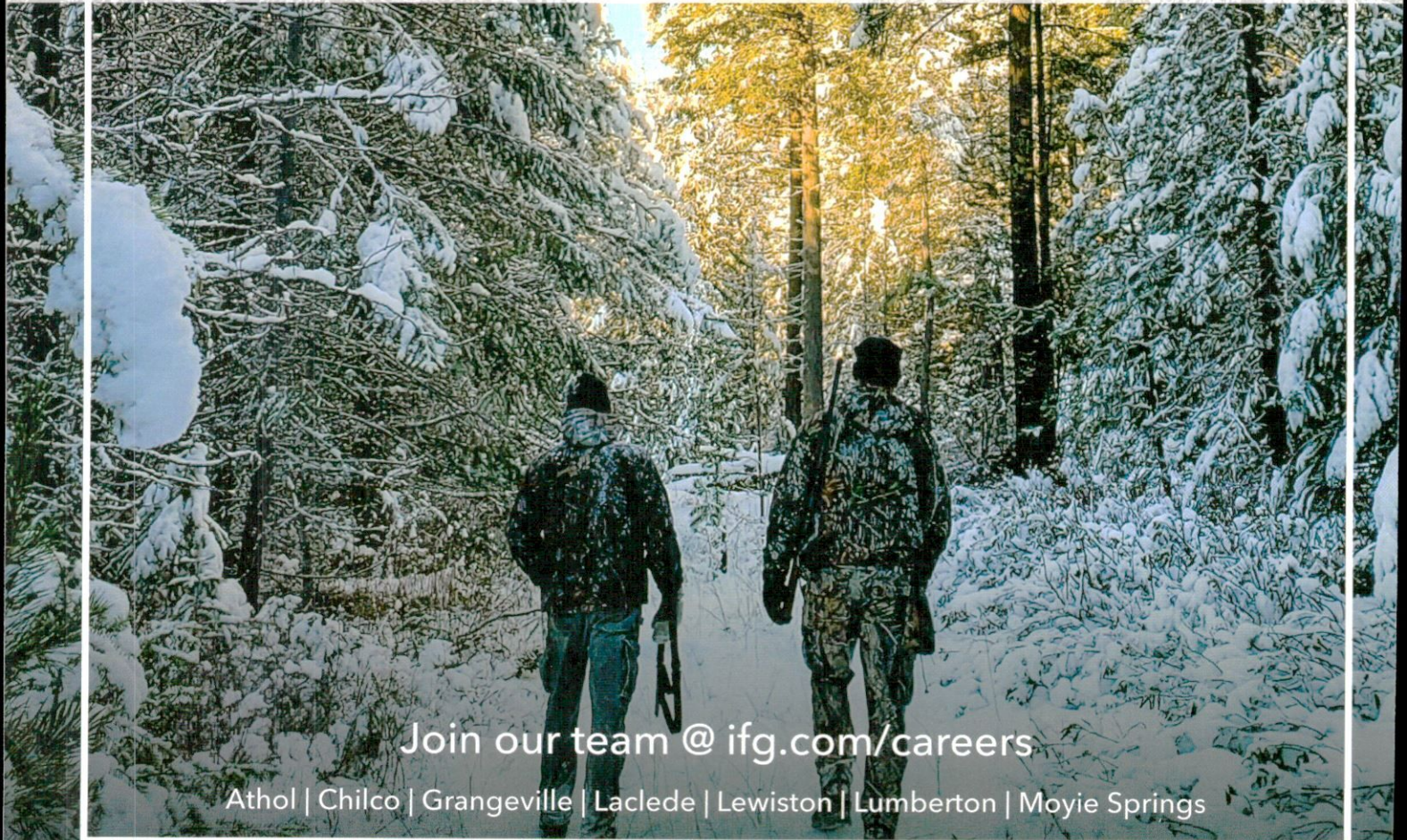
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